

Harvest of the Month



July



Kale



Pick:

- Look for kale with deeply colored leaves and moist stems. Avoid kale with wilted leaves.

- Choose kale with smaller-sized leaves since these will be more tender and have a more mild flavor.

Store:

- Kale can be stored unwashed in a plastic bag in the refrigerator for several days.

- The longer it is stored, the more bitter its flavor becomes.

Prepare:

- Remove the tough center stalk and rinse under cold water before using.

Nutrition Info

One cup of kale has 35 calories and provides vitamins A & C, calcium and potassium.

Fun Facts

Kale actually tastes sweeter after it is frozen or exposed to frost! Look for it at fall or winter farmers' markets for best flavor.

Kale can be green, white, reddish green, purple, or bluish green and the leaves can be many shapes.

Curly kale is the most popular variety, and is most likely to be found in grocery stores. Look for other varieties like Lacinato (or Dino) kale or Red Russian at farmers' markets!

Uses

Substitute kale in recipes that use spinach or collard greens or add chopped fresh or frozen kale to vegetable or bean soups.

Kale can be used to make a green smoothie! Remove the stems from kale leaves, and blend with frozen fruit, yogurt and milk or juice.

Family Friendly Activities

Did you know that your plate should be filled with fruits and vegetables of all different colors of the rainbow? Name all the different colors of the rainbow and pick 2 fruits and 2 vegetables to go with each color! Have your child make a chart to show the colors they've eaten!

Farm2School Updates

Hillview Urban Agriculture Center's 3rd Annual Bountiful Gardens Tour will be held on Saturday, July 22, from 10 a.m. to 2 p.m. The tour features 13 vegetable gardens in La Crosse including the Hamilton/SOTA-GROW La Crosse School Garden. GROW La Crosse, a local non-profit, has developed and maintained the garden while also providing quality programming for 300 students at the school. The garden features a wide range of organic gardening techniques and provides experiential learning opportunities for children. Many of the Harvest of the Month vegetables are planted in the school garden and are harvested and utilized in the cafeteria or in garden taste test lessons and snacks.

For more information about the Bountiful Garden tour and where to buy tickets visit: www.hillviewuac.org.

Nutrition Facts

Serving Size (125g)
Servings Per Container 4

Amount Per Serving

Calories 130 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 4g

Vitamin A 350% • Vitamin C 230%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pan-fried Kale

Serves 4

Ingredients:

- 1 large bunch of kale
- 2 Tbsp. olive oil
- 5 cloves garlic, minced
- salt and pepper to taste

Directions:

Thoroughly rinse the kale in cold water, soaking if necessary to remove grit. Remove stems, discard and tear the kale into chunks. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and quickly stir it around to avoid burning. Toss in the kale and use tongs to move it around the skillet. Sprinkle in salt and pepper and continue cooking until slightly wilted but still crisp, about 1 to 2 minutes. Remove the kale and serve! This garlicky kale dish can also be added to pasta dishes, used as a pizza topping or mixed into tacos!

For more information on Farm2School visit: www.laxF2S.org.

Color
Kale!

