

Harvest of the Month



November Kale

Nutrition Info

One cup of kale has 35 calories.

Kale 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

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

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!



Pick:

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

- 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 Facts

Serving Size 1 1/2 cups (240g)
Servings Per Container 8

Amount Per Serving

Calories 370 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 190mg **8%**

Total Carbohydrate 46g **15%**

Dietary Fiber 5g **20%**

Sugars 33g

Protein 10g

Vitamin A 300% • Vitamin C 140%

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

Harvest Kale Salad

Serves 8 (1 1/2 cups per serving)

Ingredients:

- 8 cups chopped kale
- 2 cups shredded carrots
- 1 cup raisins
- 1 cup chopped pecans or walnuts
- 1 cup diced cooked chicken or turkey breast
- 2 apples, diced
- 1/2 cup balsamic vinegar
- 1/2 cup maple syrup
- 1/4 cup olive oil

Directions:

In a large bowl combine kale, carrots, raisins, nuts, chicken and apples. In a separate bowl, whisk together vinegar, syrup and oil. Toss kale mixture with dressing. Refrigerate 2-3 hours to allow flavors to blend. Serve chilled.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org/

Color
Kale!

