**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.

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**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!
Harvest Kale Salad  
Serves 8 (1 ½ cups per serving)

**Ingredients:**
- 8 cups chopped kale
- 2 cups shredded carrots
- 1 cup craisins
- 1 cup chopped pecans or walnuts
- 1 cup diced cooked chicken or turkey breast
- 2 apples, diced
- ½ cup balsamic vinegar
- ½ cup maple syrup
- ¼ cup olive oil

**Directions:**
In a large bowl combine kale, carrots, craisins, 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!