April

Kale

**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!

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.

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**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.
Sweet Kale Salad
Serves 6

**Ingredients:**
1 large bunch of kale, finely chopped
2 cups cabbage, shredded
2 cups broccoli, finely chopped
2 cups Brussel sprouts, shredded (optional)
1 cup endive, chopped (optional)
½ cup dried cranberries
½ cup pumpkin seeds

**Poppy seed Dressing:**
½ cup plain Greek yogurt
3 Tbsp. honey or maple syrup
1 tsp. apple cider vinegar
½ lemon, zest and juice
½ small orange, juice
1 Tbsp. poppy seeds

**Directions:**
Add kale, cabbage, broccoli, Brussel sprouts, endive (if using), and cranberries to a large salad bowl. Toast pumpkin seeds in a small skillet on low-medium heat until lightly brown, about 2 minutes. Stir frequently and be careful not to burn. Transfer to the salad bowl. In a small bowl, add the poppy seed dressing ingredients and whisk or shake to combine. Pour over salad, gently stir and serve.

*For more information on Farm2School visit: [www.laxF2S.org](http://www.laxF2S.org).*

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (221g)</th>
<th>Servings Per Container 6</th>
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<tbody>
<tr>
<td>Calories 210</td>
<td>Calories from Fat 60</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat 7g</td>
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<tr>
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*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 per gram:
- Fat 9
- Carbohydrate 4
- Protein 4