

# HARVEST of the MONTH KALE



We are featuring fresh, healthy, locally grown kale in school lunches this month. Can you taste the difference?

Kale is loaded with fiber and antioxidants, and one cup of raw kale provides more than 100% of the daily value of vitamins A, C and K. Nutrient dense, low calorie foods like kale help fight diseases linked to heart health like diabetes and obesity. Per calorie, kale has more iron than beef and more calcium than milk!

### Healthy Serving Ideas

- You don't have to cook kale to tenderize it - just massage it! Make a harvest kale salad using massaged kale, sliced pears, and blue cheese.
- Add chopped kale to minestrone soup, for added vitamins.
- Make crispy kale chips! Wash the leaves and tear into bite-sized pieces. Toss with olive oil and spread on a baking sheet in a single layer. Sprinkle with salt and bake at 300 degrees for 20 minutes.

### Fun Facts

After a frost, kale becomes sweeter.

Kale comes from the same plant family as broccoli, Brussels sprouts, and cabbage.

### At Home Activity: Grow Kale at Home!

You can grow kale in a small pot, near a window in your home. You can buy seeds online, at a garden center, or find them for free at one of the Seed Libraries across Massachusetts.

**Growing Kale at Home >**  
[www.homefortheharvest.com/growing-kale-indoors/](http://www.homefortheharvest.com/growing-kale-indoors/)

**Seed Library Information >**  
<http://bit.ly/MASeedLibraries>

**Where to Find Local Tomatoes**  
MassGrown Map (MDAR)  
<https://massnrc.org/farmlocator>

Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more about Harvest of the Month, visit [www.massfarmtoschool.org/hotm](http://www.massfarmtoschool.org/hotm)

### Harvest of the Month Book Club

Elementary: [Alex McGreen & the Tale of the Mysterious Kale](#) by Rayna R. Andrews

High School: [The Cooking Gene: A Journey Through African American Culinary History in the Old South](#) by Michael Twitty



### Kale Purchasing Pointers

Kale leaves grow on a thick broccoli-like stalk but are picked off and sold in bunches. It is very cold-tolerant and can survive early frosts.

Look for leaves that are thick, fleshy, and crisp.

Store in a plastic bag in the refrigerator in a plastic bag for 5-10 days.



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

**December Preview: Carrots!**