

# HARVEST OF THE MONTH: KALE



## NUTRITION FUN FACTS:

- Kale is a great source of vitamin A, vitamin C, and vitamin K.
- Dark leafy greens have lots of calcium, which helps the body grow strong bones and teeth.
- Dark leafy greens are one of the healthiest vegetables out there! Try to eat some every day to keep your body strong and healthy.

## Fun snack ideas!

### HOW TO EAT KALE:

1. Try different varieties of kale! Purple kale, curly kale, dinosaur kale, and baby kale can all be found in grocery stores and farmer's markets.
2. Try adding kale to a smoothie for an extra burst of greens!
3. Crunchy kale chips make for a great healthy snack.

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Choose kale with fresh, full leaves.
2. Avoid kale with brown, yellow, spotted, wilted, or slimy leaves.
3. Keep kale crisp and fresh by storing it in a plastic bag in the fridge with a damp paper towel inside.

## BEST TIME TO EAT:

MAY - JUNE  
OCT - DEC

# RECIPE: KALE CHIPS

## DIRECTIONS

1. Line a cookie sheet with parchment paper.
2. Wash and dry kale.
3. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear the leaves into bite-sized pieces.
4. Place kale pieces on cookie sheet.
5. Drizzle olive oil over kale and sprinkle with seasonings of choice.
6. Bake 10-15 minutes or until kale is crisp and edges are brown but not burned.

## INGREDIENTS

Makes 6 servings:

- 1 bunch kale (can also use chard, spinach, or collards)
- 1 1/2 tablespoons olive oil
- Seasonings of choice (salt, pepper, onion powder, garlic powder, chili powder, cumin, etc.)

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/KALE-CHIPS](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-chips)

# ACTIVITY: KINGLY KALE

There are many different types of kale based on the shape, color, and feel of the leaves. The word search below contains the names of some of these. Can you find them all?

### Word Box

CHINESE  
COW CABBAGE  
CURLY  
DINOSAUR  
ORNAMENTAL  
REDBOR  
RED RUSSIAN

D F P I M M V M U Q N N J C K  
X I H M Y L R U C E W A D H D  
Y N N O B E R V D L Z I K I P  
C J O O D K J V A N U S T N H  
M X J B S T P T H H D S F E R  
S J O L O A N W X A K U R S H  
K R T L B E U D V S W R G E F  
N V I B M W J R L B J D U L G  
I S M A S I U W W Z P E N C E  
R N N O R W H O W Z C R Z L A  
S R Y H C O W C A B B A G E N  
O O W O Y W N D R G Q H D M L  
M X M U O M P G D A B O H O W  
K I B R G B G E R C J O U N E  
E W T K U I U G P A M F Z O F



Dinosaur Kale



Redbor Kale



Ornamental Kale

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