

# HARVEST *November* 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 fall kale salad using massaged kale, chopped apples, and cheddar cheese.
- Include kale in your favorite smoothie recipe for extra fiber and nutrients.
- 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. As you allow them to cool, the kale will get crispy.

### Where to Find Fresh Kale in Massachusetts

An excellent list of farmstands, farmers markets, and stores that carry locally grown kale can be found at:  
<http://www.mass.gov/agr/massgrown/map.htm>

### Fun Facts

After a frost, kale becomes sweeter.

Kale has been cultivated for over 6,000 years.

The US plants more kale in acres than brussels sprouts.

*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

Preschool/Elementary: *Living Sunlight: How Plants Bring The Earth To Life* by Molly Bang

High School: *Harvest for Good - A Guide for Mindful Eating* by Jane Goodall



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.*

### 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.



Look for our December newsletter featuring carrots next month!