



Nutrition Notes: October 2015: Harvest of the Month- Kale!

Kale

Cafeteria | VermontHarvestoftheMonth.org



Selection

Choose leaves that are not wilted and have firm stems.

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- To freeze: Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag.

Tidbit

Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant; it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup!

Cooking Tips

- Boil or steam kale for 20-30 minutes.
- Removing the stem is ideal for many dishes; rip the leaf from the stem by holding the base of the stem upward, and pulling down.

Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, GMFTS.

Kid-Friendly Eating Tips

- Add raw, thinly-sliced kale to a pasta dish.
- Use kale as the base for a salad; you can mix it in with lettuce leaves. Massaging the kale leaves first makes them softer and therefore easier to chew.
- Make pesto by blending kale like you would basil! Add it to pasta or use it as a sandwich spread.
- Toss kale leaves, stem removed, with olive oil, garlic, salt and pepper; bake in the oven at 350° F.

Benefits

Kale is an excellent source of vitamin A and C and the mineral potassium. It is a good source of vitamin B6 (pyridoxal phosphate) and the mineral copper.

Varieties of Kale:



Lacinato (Dinosaur)



Red Russian



Ripbor



White Russian



Siberian



Vates