



Harvest of the Month



December is Kale

Nutrition and Health Benefits

- Vitamin K** - Needed for blood clotting, preventing excessive bleeding
- Vitamin A** - Keeps skin and bones healthy, resists and fights infection, maintains good eyesight

Preparation & Cooking Tips

- Rinse kale leaves under cool running water
- Raw kale needs to be "massaged" before adding to a salad -- it will help soften it!

Kid-Friendly Eating Tips

- Add fresh kale to smoothies or salads
- Steam fresh kale and season with lemon juice, olive oil, salt, & pepper
- Mix chopped kale into soup, pasta, or stir fries

Selection

- Choose dark colored kale bunches
- Store kale in the coldest part of the fridge for 3-5 days.

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facts

- Spanish translation: *La col rizada*
- Hmong translation: *Zaub qhvw nplooj caws*
- Kale has been grown in Europe and Asia for over 2,000 years.
- Kale is a part of the Brassicaceae family along with collard greens, wild cabbage, cauliflower, broccoli, kohlrabi, and Brussels sprouts.
- There are over 50 varieties of kale. Popular varieties of kale include curly kale, Red Russian, Redbor, and Lacinato. Lacinato kale is also called Dinosaur kale because of its bumpy leaves.
- Celebrate National Kale Day the first Wednesday in October.



Dinosaur

Did you know?

Lacinato kale is also called Dinosaur kale because of its bumpy leaves. Ask kids to pretend to be dinosaurs when they are eating it!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

Kale is The Harvest of the Month!

Add kale to your favorite family meals:

- Add fresh kale to smoothies or salads.
- Steam fresh kale and season with lemon juice, olive oil, salt, and pepper.
- Mix chopped kale into the pot with pasta 5 minutes before it is done.
Strain and add your favorite sauce.

Make meals and memories together. It's a lesson kids will use for life.

Crispy Baked Kale Chips

Ingredients:

- 4 cup kale
- 2 tablespoon olive oil
- 1/4 teaspoon sea salt

Instructions

- Chop 1 head of kale into 1/2 inch piece
- Place all ingredients in a large bowl & mix until kale is evenly coated
- Bake for 10 minutes at 375 F until crispy



Cheesy Baked Kale Bites

Ingredients:

- 2 bunches kale (stems removed; about 6 lightly packed cups or 4 ounces of leaves)
- 1/2 cup frozen peas, thawed (or roasted almonds or sunflower seeds)
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan
- 1/4 cup cornmeal
- 1 egg
- 1/2 teaspoon pizza seasoning

Instructions

- Place the kale into a wide skillet with 1 cup water. Cover and heat over medium for about 5 minutes
- Drain, let cool briefly, then squeeze dry.
- Place the kale and the rest of the ingredients into the bowl of a food processor. Process until finely ground.
- Portion out 1 TBSP balls of the mixture, scooping it up and gently pushing it out of the spoon with your finger onto the prepared baking sheet.
- Bake for 18-20 minutes at 375 F

