

November HARVEST of the MONTH KALE



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Kale has more iron than beef and more calcium than milk! Calcium keeps your bones strong and iron helps move oxygen around your body.

Healthy Serving Ideas

Kale Salad: You don't have to cook kale to make it soft - just massage it! Try a kale salad using massaged kale, sliced pears, and blue cheese.

Kale Chips: Wash the leaves and tear into bite-sized pieces (remove the center rib). Toss with olive oil and spread on a baking sheet in a single layer. Sprinkle with salt and bake at 300°F for 20 minutes.

Bonus! Add chopped kale to your favorite soup.

Fun Facts

- After a frost (when the temperature drops below 32°F and ice forms on the plant), 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. Find a seed library at the link below.

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

Growing Kale at Home >
www.homefortheharvest.com/growing-kale-indoors/

Where to Find Local Kale

MassGrown Map (MDAR)
<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: [Alex McGreen & the Tale of the Mysterious Kale](#)
by Rayna R. Andrews

Gr. 6-8: [Food: 25 Amazing Projects](#) by Kathleen Reilly

Gr. 9-12: [The Cooking Gene](#) by Michael Twitty



Kale Purchasing Pointers

- Kale leaves grow on a thick broccoli-like stalk. They are picked off and sold in bunches.
- Look for leaves that are thick, large, and crisp.
- Store in a plastic bag in the refrigerator for 5-10 days.



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!