BUFFALO FARM TO SCHOOL

Kale

Varieties Grown in New York State

- Dwarf Green Curled
- Vates Blue Curled
- Red Russian
- Winterbor

Nutrition and Health Benefits

- Kale is an excellent source of Vitamin A and C, and potassium.
- Low fat, saturated fat-free, cholesterol free and low in sodium, kale is a very healthy leafy green!
- Kale is a good source of Vitamin B6, calcium, and copper.

How to Grow It

- Kale can grow in full sun or part shade, in fertile, well-draining soil.
- This annual veggie can also tolerate frost, and flavor is actually improved when the plants are 'kissed' by frost!

  FUN FACT! Kale is a member of the cabbage family!
- Ease-of-care: Easy!

  FUN FACT! Kale comes in a variety of colors, like light and dark green, red, and purple!
- Plant kale a few months before fall frost.

  FUN FACT! Kale and collards are very similar; the difference is that kale has uneven leaves!
- Space seedlings (if started indoors) 1 foot apart, in rows 2 feet apart.

  FUN FACT! Some kale is used as edible landscaping!

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Selection

- Choose fresh kale with dark green, small to medium leaves. Avoid leaves that are wilted or discolored or yellow leaves. Look for kale with firm stems.
- Take note! Massaging kale leaves often helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.

EXPERT TIP! Kale is available all year because it grows well in cooler temps. It's often available when other produce is not!

Storage Tips

- Store kale in the refrigerator in a perforated plastic bag for 5-10 days.
- Take note! Flavor becomes stronger and more bitter as kale is stored.

EXPERT TIP! Wash kale just before using. Storing wet kale and speed up spoilage.

EXPERT TIP! Freeze kale! Blanch (cook briefly) it for 2-3 minutes, or until the leaves are soft, and then store in a labeled and dated freezer bag. Use within 1 year.

Kid-Friendly Eating Tips

- Roast it! Roast kale leaves in the oven and make crispy kale chips!
- Add it! Add kale to stir fry recipes, pastas, soups, stews, and other sautéed veggies!
- Blend it! Kale goes great in a smoothie with some sweet fruit!
- Make a kale salad! Use kale as the base for a salad! Add colorful veggies to make it taste great!
- Sauce it! Use kale to make a pesto! Add it to pasta, or use as a sandwich spread!

Preparation & Cooking Tips

- Get the kale ready to use with these steps:
  1. Fill a large bowl with cool water and swish loose leaves around.
  2. Let the leaves sit in the water to allow the dirt to settle.
  3. Lift leaves from the water and drain and rinse the bowl.
  4. Repeat these steps until there is no grit in the bottom of the bowl.
  5. Pat leaves dry!
- Boil or steam kale for 20-30 minutes to cook.
- Removing the stem is ideal for many dishes, as this can be the toughest part. Rip the leaves from the stem by holding the base of the upward and pulling down.

RECIPE

ROASTED HUBBARD SQUASH & KALE SALAD

Ingredients:

- ½ cup Kale-Raw Chopped 2 x 2
- 1¼ cup Roasted Hubbard Squash Cubed & Cleaned
- ½ cup Feta Cheese
- ¼ cup Craisins
- ¼ cup Lemon Vinaigrette

Directions:

- Chop Fresh cleaned kale 2x2 pieces place in serving bowl
- Massage Dressing into kale
- Garnish w/ Crasins & feta Cheese
- Top with Roasted Squash

Yield: 10 servings

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