FARM TO SCHOOL

*Did you know…Here’s a little bit of trivia about our Kale*

1. There is an ancient Turkish saying “Every leaf of kale you chew adds another stem to your tree of life.”
2. Kale can be whipped into a smoothie, tossed into a salad, amps up your juice, sauté as a side, or baked as a chip.
3. Kale might become the new state vegetable of Vermont
4. Kale is grown around the world
5. Kale has been in cultivation for over 6000 years
6. Kale plant continues to produce late into winter and after a frost kale becomes sweeter
7. Kale might have saved people from starving in the UK during World War II because it’s easy to grow and hearty
8. In Kenya, sautéed kale is called sukuma wiki and a staple of the diet
9. Colcannon is a traditional Irish dish of kale and mashed potatoes
10. There is an extremely tall variety called “jersey kale” or “cow cabbage”
11. One cup of chopped raw kale provides more than 100% of the recommended daily amount of [vitamins](http://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/vitamin-expert) A and K.
12. Kale contains [lutein](http://www.webmd.com/eye-health/lutein-zeaxanthin-vision), a nutrient that helps create the plant’s color. [Lutein](http://www.webmd.com/eye-health/eye-vision-tv/video-food-for-your-eyes) helps keep [eyes](http://www.webmd.com/eye-health/picture-of-the-eyes) and [vision](http://www.webmd.com/eye-health/default.htm) healthy.
13. A serving of kale has more absorbable calcium than a small carton of milk.
14. Kale can provide you with some special cholesterol-lowering benefits if you will cook it by steaming.
15. Kale produces erect stem that can grow close to the ground or reach the height of 6 to 7 feet, depending on the variety.
16. Kale develops large, curly or plain leaves arranged in the form of rosette. Leaves can be light or dark green, violet-green or violet-brown colored.
17. Kale propagates via seed. Farmers usually plant kale two times per year: early in the spring and at the beginning of the autumn.
18. Kale produces yellow flowers arranged in the clusters on top of the flowering stem. Flowers attract insects, responsible for the pollination of this plant.
19. Fruit of kale is seedpod filled with numerous small, black seed.
20. National Kale Day is October 7, 2015