

# HARVEST OF THE MONTH

## HEALTH FACTS

Kale is a super food and is super packed with Vitamins A,B,C for you to harness your superpowers!



Vitamin A: Helps you see at night



Vitamin B: Helps your body change the food you eat into energy



Vitamin C: Helps the body to heal

## recipe Kale Chips

### you will need:



### directions

1. Preheat oven to 275° F.
2. Wash kale.
3. Tear kale leaves into chip-size pieces, discarding the ribs, or round middle stem.
4. Put kale leaf pieces into a bowl.
5. Drizzle olive oil and toss with your hands until the oil is coated evenly on each leaf.
6. Put leaves onto an un-greased cookie sheet, without overlapping the leaves.
7. Sprinkle with salt and pepper.
8. Bake for 18-20 minutes or until crispy. Serve!

### growing it

#### Plant Me:

Plant my tiny seeds ½ inch deep and 3 inches apart when temperatures at night start to cool.

#### Harvest Me:

I will keep growing if you harvest just my bottom leaves. I also taste a little sweeter after a frost!

## Kale

### taste chart

How does kale taste?! Circle the flavors below:



### DID YOU KNOW?!

Kale is related to cabbage, brussels sprouts, cauliflower, and broccoli. It also has the most nutrients of any vegetable around! It is so healthy; people were even encouraged to grow it during the World War II.

There are over fifty varieties of kale.  
Which one is your favorite?



### food origins



Hailing from the Eastern Mediterranean, it was commonly consumed in the Middle Ages. Kale is said to have been traded across the Atlantic into Canada and the US in the 19th century.



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For enrichment activities go to [mollenfoundation.org/harvest](https://mollenfoundation.org/harvest)