

Kale



January: Kale

From the farm and garden...



...to the cafeteria and market...



...to your salad bar and kitchen...



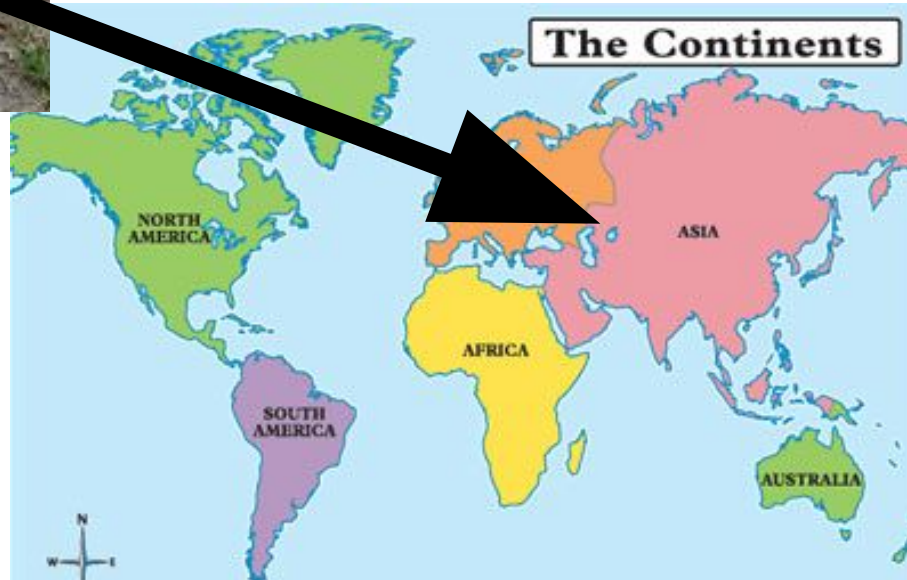
...to your plate and lunch tray!



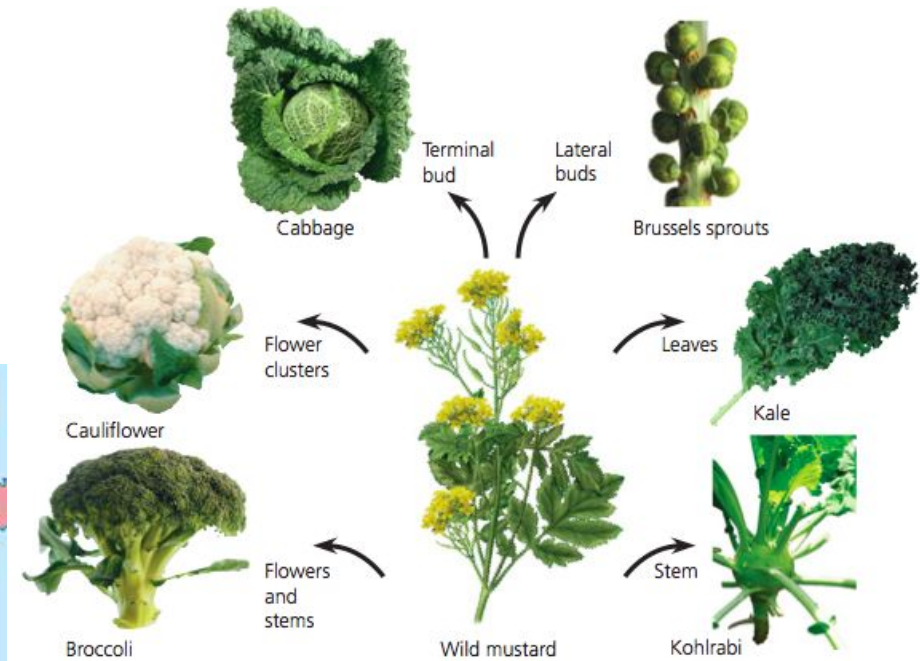
Kale History



KALE began as *wild cabbage* thousands of years ago on the plains of Asia Minor



As people moved, they brought *wild cabbage* seeds with them. They mixed them with other vegetables to make different vegetables in the cabbage plant family.



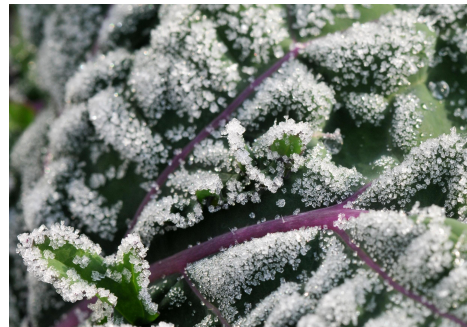
Many popular veggies we have today have descended from *wild cabbage*. The different veggies in the cabbage family have a different focus on the parts of the wild cabbage plant parts.

Kale Crazy California!

✦ California is
Kale
Capital!



✦ California's Salinas Valley is known as the "salad bowl of the world" because most of our vegetables are grown there



- ✦ **Kale** loves to grow in cool, coastal weather- the cool weather from the middle of winter to the early spring is when it grows and tastes best
- ✦ It can even grow with frost on it! Which makes the leaves especially sweet

KALE grown by **San Miguel** **Produce**



- This is Farmer Roy on his family owned farm: San Miguel.
- Their farm is located in Oxnard, CA. They have been farming in Ventura County for over 40 years and specialize in leafy greens like kale.
- They grew the kale we will be tasting today!
- They love seeing their hard work on the farm helping kids to have something healthy to eat.

**THANK YOU
FARMERS!!!**





Types of Kale

Beautiful Ornamental Kale
and cabbage used for
decorative purposes!



Green Curly Kale



Red Curly Kale



'Cavolo Nero'
Black Kale



'Hungry Gap'



'Red Russian'

There are over 50 varieties of kale! You can find kale leaves that are white, red, pink, purple, and blue!

Other Yummy Ways to Eat Kale!



Kale Smoothies!



Kale Chips!



On Pizza and Pasta!



In Soup!



In Scrambled eggs!



In burritos and dips!





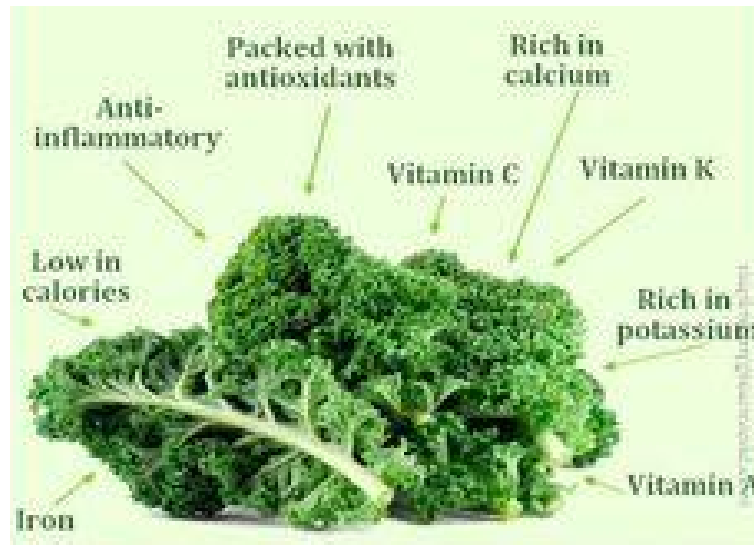
Reasons to Eat Kale

- ✓ Packed with vitamins and minerals to keep us healthy

**WHAT IT'S
GOOD FOR**



- ✓ Nutrition in kale fights sickness & disease





Kale Tasting

Organic Kale with Toasted Sesame Dressing



1. Wash hands & put on gloves.
2. Add the dressing to the kit.
3. Toss to mix in the dressing.
4. Serve and enjoy!
 - ◆ *Use the next slide to do a mindful eating exercise using all 5 senses*
 - ◆ *How would you describe the flavor, texture, and appearance?*
 - ◆ *Share out adjectives to describe your tasting experience!*

Remember to Rate the Taste!

Were students trying the kale for the first time? Did they like the kale?

- *Survey the class and fill out the simple survey [here!](#) Just click on your district at the bottom of the page. Find your class and input your students' preference.*

Kale Five Senses Tasting!

Use adjectives to describe how your kale....

- Looks



My kale looks _____.

- Smells



My kale smells _____.

- Feels



My kale feels _____.

- Sounds



My kale sounds _____.

- Tastes



My kale tastes _____.

ENJOY KALE ON YOUR SALAD BAR!

Try this **Kale Salad** recipe from the cafeteria **salad bar**.

This **recipe** will be served on the salad bar **thin January!**

Make this recipe at home!



Harvest of the Month

Kale

January

SuperKale Salad with Lemon Dressing

Ingredients

- 4 cups kale, thinly sliced, stems removed
- 1 cup carrot, shredded
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{8}$ cup oil
- $\frac{1}{4}$ teaspoon cayenne pepper powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{4}$ cup dried cranberries

Directions

- Prepare kale and carrot as indicated above.
- Whisk together lemon juice, olive oil, cayenne pepper, and salt.
- Combine kale, carrots, and lemon dressing.
- Gently massage dressing into kale mixture until kale is tender.
- Sprinkle salad with sunflower seeds and cranberries.
- Serve & enjoy!
- Yields nine 1/2-cup servings



VUSD Artists (from top right, clockwise):
Antonio Z., Victoria R., Yvette M., & Dean C.

Nutrition Facts: 103 Calories, 7 g Fat, 157 mg Sodium, 373 mg Potassium, 9 g Carbohydrate, 2 g Fiber, 2 g Protein, Vitamin A 239% DV, Vitamin C 121% DV, Iron 6 % DV