

## Farm to School Friday - KALE!

The Jamestown farmers are bringing kale salad with beets, dried cranberries, olive oil, lemon juice, honey, and sea salt to school on December 5th. Please ask your kids about it. Kale is a very popular dark, leafy green from the cabbage family, which also includes broccoli, cauliflower, brussel sprouts and collard greens. It is packed with vitamins and minerals, but are your kids eating it?



### THE BENEFITS OF KALE

At just 33 calories, one cup of raw kale has:

- Nearly 3 grams of protein
- 2.5 grams of fiber (which helps manage blood sugar and makes you feel full)
- Vitamins A, C, and K
- Folate, a B vitamin that's key for brain development
- Alpha-linolenic acid, an omega-3 fatty acid. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your kids' diet.)
- Minerals including phosphorus, potassium, calcium (as much as milk!), and zinc
- Carotenoids, including lutein, beta-carotene and zeaxanthin, nutrients that give kale its deep, dark green coloring, and protect against macular degeneration and cataracts
- Over 45 different flavonoids, with kaempferol and quercetin heading the list. Kale's flavonoids combine both antioxidant and anti-inflammatory benefits in ways that give kale a leading dietary role with respect to avoidance of chronic inflammation and oxidative stress.

### TYPES OF KALE

- Kale can be curly, flat, or even have a purple or bluish tint. The flavors differ, so try them all.
- Many farmers' markets sell several types of kale, and most major grocery stores should have at least one. If you have a garden, or even just a few containers on a patio, you can grow kale.
- Whether you buy kale from the store or pluck it from your own backyard, look for dark, crisp leaves, preferably organically grown.

### HOW TO COOK KALE

Add kale to pasta sauce, smoothies, or soup. Or try one of these methods:

- **Saute it:** A splash of olive oil and a little onion or garlic are all this veggie needs, and it cooks up in minutes. The leaf is tougher than spinach leaves, so it won't wilt as quickly in the pan.
- **Make a kale Caesar salad:** You can eat kale raw in a salad. The leaves can stand up to heavy dressings. Kale Caesar salads have popped up on many restaurant menus.
- **Bake kale chips:** Bake kale in the oven at 250 degrees for 30 minutes with just a little olive oil rubbed onto lightly salted leaves. Store-bought kale chips are no match for homemade and kids love the crispy treat!

Attribution: WebMD and whfoods.org: <http://www.whfoods.com/genpage.php?toame=foodspice&dbid=38>

### KID-FRIENDLY KALE RECIPES

<http://nationalkaleday.org/get-kids-to-eat-kale/>

<http://www.todayparent.com/recipes/family-friendly-kale-recipes-your-kids-will-love/>

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/kale-recipes>