



Harvest of the Month

KALE

Nutrition Information

- Provides an excellent source of Vitamins A, C, and K. Good source of Vitamin B6 and calcium. Calcium promotes healthy bones and teeth.
- Contains the phytochemicals carotenoids lutein and zeaxanthin which are good for eye health.
- Great source of fiber. Fiber helps prevent constipation and maintain a healthy digestive system.

Selection and Storage

- When selecting kale choose crisp and dark colored leaves.
- Avoid wilted or discolored leaves.
- Do not wash until you are ready to use.
- Refrigerate unwashed kale in a plastic bag. Use within one week.
- Kale can be frozen to prolong its use for up to one year after blanching (cooking briefly) to soften leaves and reduce bitterness.

Fun Facts

- Kale is part of the Brassicaceae family (also called Cruciferae) which includes vegetables like cauliflower cabbage and broccoli.
- Local kale can be found in Washington from July through April. Kale grows well in cooler temperatures. Cold temperatures make kale leaves sweeter.
- Kale is called a Superfood because it is high in nutrients and low in calories.
- There are two varieties of kale, edible and ornamental. Edible varieties include Lacinato kale (dinosaur kale), Curly kale, Russian kale, and baby kale. Each variety has a unique color, texture, and flavor.
- "National Kale Day" is celebrated on the first Wednesday in October.



Recipes

- [Collard Greens-USDA](#)
- [Confetti Soup-USDA](#)
- [Rice Vegetable Casserole-USDA](#)
- [Tuscan Smoked Turkey and Bean Soup-USDA](#)



Educational Resources

- [Montana Harvest of the Month Resources-Kale](#)
- [WSDA - Washington Harvest Kale Poster](#)
- [WSU-Farm-Fresh- Kale Greens Brochure \(Spanish\)](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Kale that include: [Kale Basics Information Sheet \(Spanish\)](#) and [Kale Coloring Sheet \(Spanish\)](#).

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).