


Harvest of the Month




**March:
Kale**




What is kale?



Kale is related to many other vegetables like broccoli, collard greens, cauliflower, cabbage and brussel sprouts!



Kale is a cold weather crop! It can survive frost and even snow. This makes it a great food to eat all winter long.



There are many different kinds of kale. The most common types that we eat are Curly Kale and Lacinato Kale, but there are over 50 types of kale grown all over the world!

Some have leaves that are more curly, and others have flat leaves. There are varieties of kale that have purple leaves, green leaves, yellow-green leaves, or blue-green leaves. Some kinds of kale are even grown just as a decoration.



Common Curly Kale



Lacinato



Kailaan



Redbor Kale



Red Russian



Baby Kale



Siberian Kale



Ornamental Kale



Ways to Enjoy Kale

There are plenty of ways to enjoy kale!
Here are some delicious dishes



Kale Salad



Crispy Roasted Kale



Kale Pesto Pasta



Kale Sausage Soup



Kale Smoothie



Kale Quesadilla

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon flaked sea salt



Directions

1. Preheat an oven to 300 degrees. Line a rimmed baking sheet with parchment paper.
2. Remove kale leaves from the thick stems and tear the leaves into bite-size pieces.
3. Wash and thoroughly dry kale
4. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.
5. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.

Ingredients

- 1 cup milk
- 1-2 cups of chopped kale
- 1 banana
- Optional add-ins: other fruit, chia seeds, peanut butter



Directions

1. Add your ingredients into a blender and blend until smooth.

Smoothies are an easy way to sneak extra veggies in! You can adjust this recipe to your taste and to use up what you already have on hand. If you like a thicker smoothie, try freezing your fruit and add less milk.