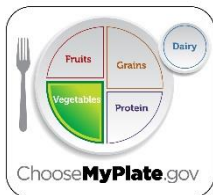


# Kale



## NUTRITION NOTES

- One-half cup of cooked kale contains 21 calories, 0.71 gram of fat, and 2.4 grams of fiber.
- Kale is part of the Dark Green Vegetables Subgroup.
- Kale is an excellent source of **vitamin A** (*good for your vision*), and **vitamin C** (*helps the body heal*), a good source of **calcium** (*essential for building bones*) and **potassium** (*maintains the heart beat*).

Kale, a leafy green, is a member of the cabbage family. It is a nutrient powerhouse, containing vitamins, minerals, and antioxidants. Kale can be used much like other leafy greens, so try some kale this month!

## USES AND TIPS

Select kale with a dark green color and small to medium leaves; avoid brown or wilted leaves. Store kale in a plastic bag in the refrigerator and use within 3-5 days.

Before eating kale, wash and remove the tough center stem. Raw kale may be eaten in salads or added to smoothies. Kale can be sautéed, added to soups or stews, or baked into crispy chips, yum!

## SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

National Kale Day is celebrated the first Wednesday in October.

There are over 50 varieties of kale. Kale leaves can be flat or curly, and dark green or purple in color.

Kale has been around for 2,000 years. It was first cultivated in the U.S. in the 17<sup>th</sup> century.

After a frost, kale becomes sweeter.

Kale is a source of lutein and zeaxanthin, carotenoids that may help protect your eyes. Carotenoids are plant compounds that act as antioxidants in the body to protect cells from damage.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Kale is a hardy, cool season crop that can tolerate frost.
- Kale production, like other leafy greens, occurs mostly in spring, fall and winter.
- In 2015, the top three Georgia counties producing greens were Tift, Colquitt and Toombs.
- Kale is in peak season in Georgia March through April and October through December.
- Kale is ready to harvest 50-70 days after planting.

Sources: 1. UGA Extension. [Commercial Production and Management of Cabbage and Leafy Greens](#).  
2. [American Kale Association](#)



Georgia Department of Education School Nutrition Program

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