

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Kale Activity Sheet

NUTRITION FACTS:

A single cup of raw kale contains 134% of the recommended daily value of Vitamin C! Kale is also an excellent source of Vitamin A, B6, and K and the minerals Potassium & Copper.

RECIPES:

- Green Eggs & Ham
- Kids Kale Smoothie
- Kale Super Soup
- Crunchy Thai Kale Salad
- Kale and Strawberry Salad
- Tahini Kale Chiffonade
 - Jersey Tastes! Classroom Tasting & Activity
- Kale Chips
 - Jersey Tastes! Cooking Series

 Indicates plant-based, center of the plate meal

FUN FACT:

According to NPR, "The Best Piece of Trivia You Learned This Week: Pizza Hut Edition," Pizza Hut was among the biggest purchasers of Kale prior to 2012.

LISTEN HERE



ALL ABOUT NEW JERSEY:

Kale is a cool season crop; it grows in the spring and fall in New Jersey:

March - June and
September - December.

HOW DOES IT GROW:

Kale likes to be directly seeded into the ground and it grows into a leafy green, which is the part of the plant we eat.

Kale loves the cooler weather and becomes sweeter after a frost! Here are some tips on growing kale.

ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- Planting Seeds in the Classroom

Lower & Upper Elem:

- Jersey Tastes! Educational Video Kale Leaf Structure
- Harvest of the Month Lessons

Middle:

- How Can We Improve Our Global Food System

High School:

- Business & Marketing - Rise of Kale
 - The Strange Mystery of Who Made Kale Famous
 - The Real Story Behind How Kale Became So Famous

MADE IN COLLABORATION WITH:

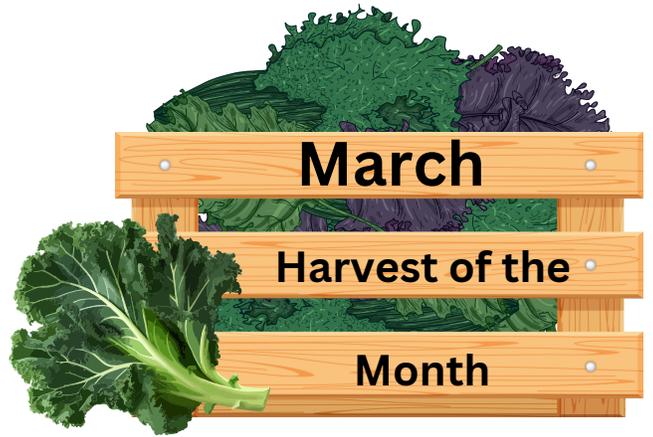


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Farm to School

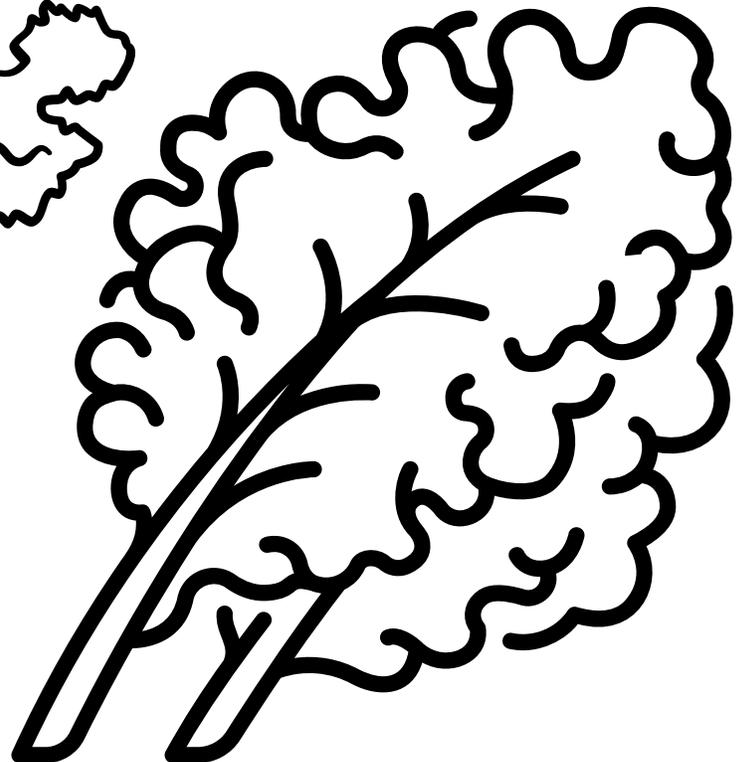
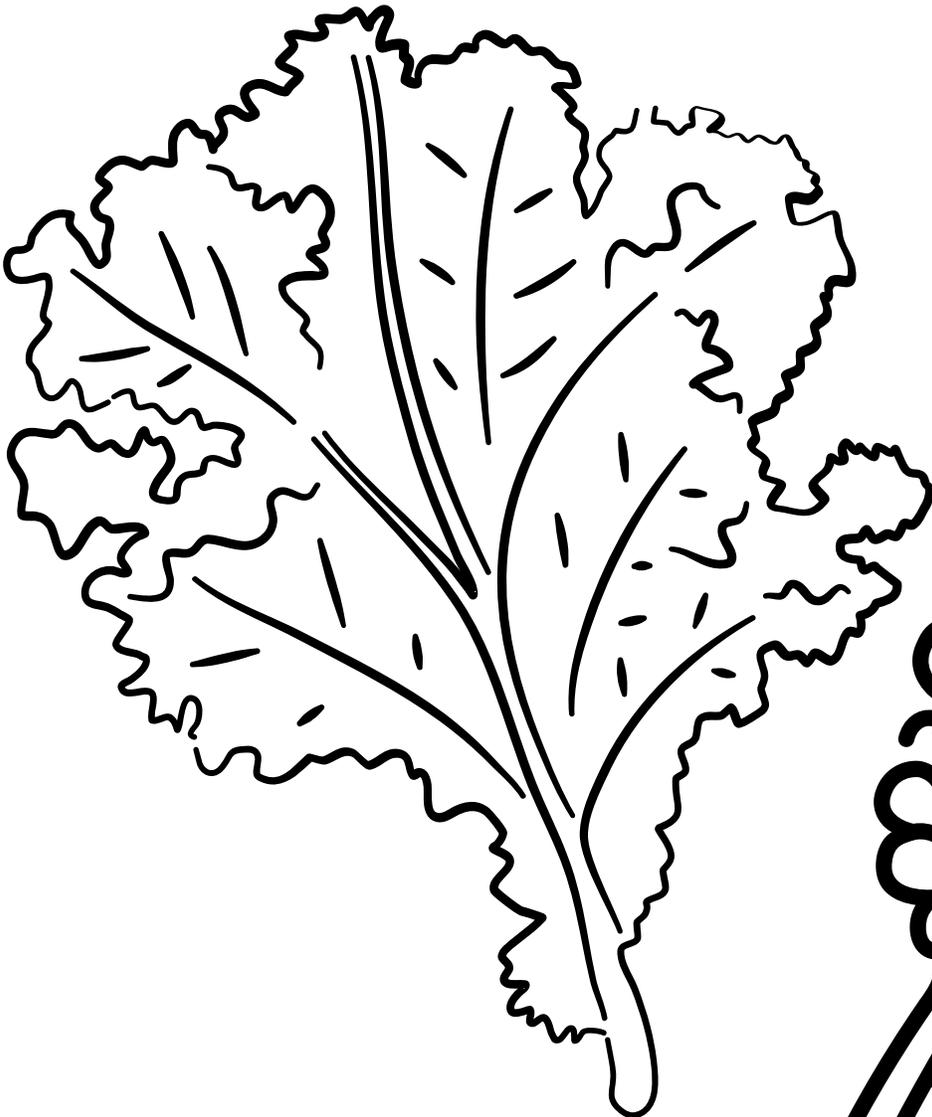


March

Harvest of the

Month

Kale

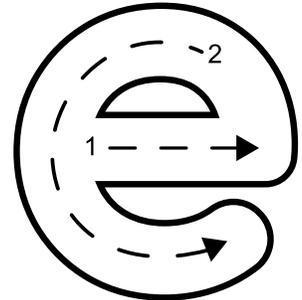
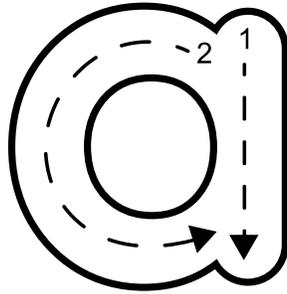
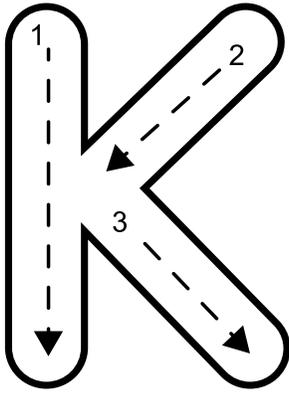
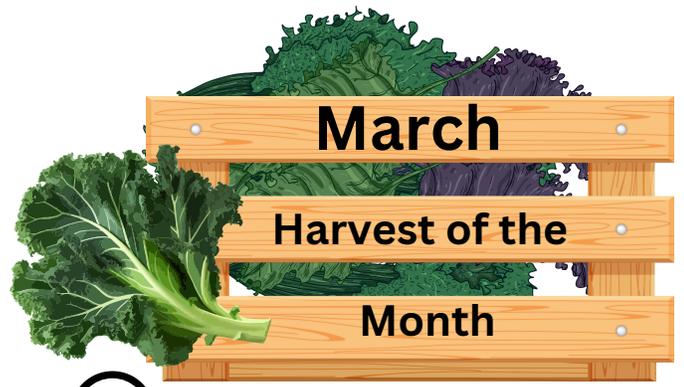


**DID YOU
KNOW?**



For the best flavor,
kale should be
harvested after the
first frost. This
ensures that some
of the starches have
turned into sugars.

INTERESTING FACT



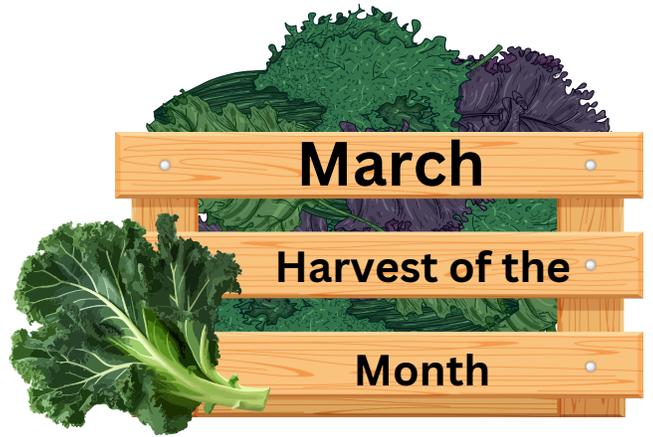
NAGOYA KALE IS AN ORNAMENTAL VARIETY WHOSE BEAUTIFULLY FRINGED LEAVES TURN RED IN FALL.



WONDERFULLY CURLED AND Milder IN FLAVOR, THE YOUNG LEAVES OF TRUE SIBERIAN ARE SUPERB FOR SALADS.



EXTRA HARDY AND FLAVORFUL, VATES IS IDEAL FOR GRILLED SIDE DISHES OR KALE CHIPS.



WORD SEARCH

kale
green
lacinato
nagoya
vates

fiber
calcium
vitamin c
vitamin a

true siberian
cavolo
starbor
vitamin k
iron

C X R U Y C Q Y W G H X F I B E R F H U
 C A V O L O X K H Q D N A G O Y A O F L
 R B I T B V O J C A I G P M W K Y A M C
 P M I R W C Y K Q V V A T E S S A K Z T
 Y P A U S U H P A E A J M X Q J J Y J Z
 Z J W E R C L N L O R Y L A C I N A T O
 T G Z S B K E U R S I S T A R B O R K F
 U K J I U T T D Y I W B R Z H G D J N H
 A J T B G I P P A Z X P Q C H N V Y Q N
 W W Y E X E K B I Z A Y P B L H E S Z D
 E N G R I I G B U G G Y H J K M V Y F U
 W H Q I H I E I O D Y B X T A I J Y U C
 L P L A T V I T A M I N C H L A N S Q C
 U W G N P W D T D M D B X U E R K D V I
 W V W F W G D D S I X T V I T A M I N K
 Z D T C D E P L S H B U H L I J V T T Q
 A X Q C M P C A L C I U M F R N Z R T R
 M U L N D Z T G R E E N L E O O O V C X
 T O H M T O N R T A L J G E N T F H M N
 O S C E E J V I T A M I N A F P D F J X