

# ISLAND GROWN HARVEST OF THE MONTH DECEMBER 2012 KALE



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

## Kale and our health

A 1/2 cup of cooked kale is about the size of one cupped handful. Kale is an excellent source of vitamin A, vitamin C, and vitamin K. Kale also has iron and calcium, which are important minerals. Calcium helps the body grow strong bones and teeth.

## When are Kale in season?

Kale is available on Martha's Vineyard from June through mid-December.

## HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

## Nutrition Facts

Serving Size 1 cup, chopped (67g) (67 g)

Amount Per Serving		Calories from Fat 4	
Calories 33		% Daily Value*	
<b>Total Fat</b> 0g			1%
Saturated Fat 0g			0%
Trans Fat			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 29mg			1%
<b>Total Carbohydrate</b> 7g			2%
Dietary Fiber 1g			5%
Sugars			
<b>Protein</b> 2g			
Vitamin A	206%	Vitamin C	134%
Calcium	9%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

## Healthy Serving Ideas

- Sauté kale with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until tender and wilted.
- Stir-fry kale with carrots, corn, and red peppers for a colorful side dish.

## Shopper's Tips

- Choose kale with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- Helpful Hint: Two cups of raw kale makes about a 1/2 cup cooked.

for more information visit [islandgrown.org/harvestofthemoth](http://islandgrown.org/harvestofthemoth)

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

