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.

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.

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

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/harvestofthemonth