



# ISLAND GROWN

## HARVEST OF THE MONTH

- December -

# KALE

### FEATURED FARM OF THE MONTH: GHOST ISLAND FARM

Rusty Gordon, owner of Ghost Island Farm in West Tisbury, is serious about kale. He grows 20 varieties of the hearty green, many of which are featured in his favorite kale product they sell, their Kale Mix, including Siber Frill, Scarlet Curly, White Russian, and Beira, the variety traditionally used in Portugese kale soup. Look for Rusty's kale at his farm stand on State Road in West Tisbury or at the West Tisbury Farmer's Market.

#### HEALTHY SERVING IDEAS

Massage raw kale with lemon juice and olive oil until soft. Serve with some sunflower seeds, Parmesan and a drizzle of olive oil for a delicious salad.

To make Kale chips, drizzle kale with olive oil, sprinkle with salt and roast in a 400-degree oven until slightly golden brown, about 15 minutes.

Sautee kale with garlic, onions, tomatoes and olive oil.

Simmer kale in low-sodium chicken broth until tender and wilted.

#### HEALTH BENEFITS

VITAMIN C

VITAMIN K

VITAMIN A

FOLATE

FIBER

IRON

CALCIUM

#### SHOPPER'S TIPS

Leaves of kale should be firm, fresh and a vibrant green.

Avoid greens that have brown, yellow, spotted, wilted or slimy leaves.

Keep kale in a plastic bag in the fridge, wash before using and discard any wilted leaves.

Cut stems from leafy greens immediately before cooking.

Most kale will keep in the fridge for two weeks.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by 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 866.950.3663

