**Harvest of the Month**

- **December** -

**KALE**

**Pickled Kale Stems**

1C. White vinegar  
1/4 C. Sugar  
1TBL. Salt  
3 garlic cloves, smashed  
1 TBL. Mustard seeds  
1 tsp. black peppercorns, cracked  
8 large kale stems, washed and cut into 1 1/2 inch pieces  

*optional 1/4 tsp. red chili flakes*

*Bring the vinegar, sugar and salt to a boil in a small saucepan. Stir until the sugar and salt are dissolved. Remove from the heat and add garlic, mustard seeds, peppercorns and chili flakes if you are using them.*

*Place kale stem pieces in a large bowl and pour the vinegar mixture over it. Stir to combine spices. Make sure all the pieces are submerged in the brine. Allow to cool completely before serving.*

Recipe by Robin Forte

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