

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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- 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*



*For more information visit*

**ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH**