



# IDEA Child Nutrition Program March 2023 Harvest of the Month

## Coloring Activity



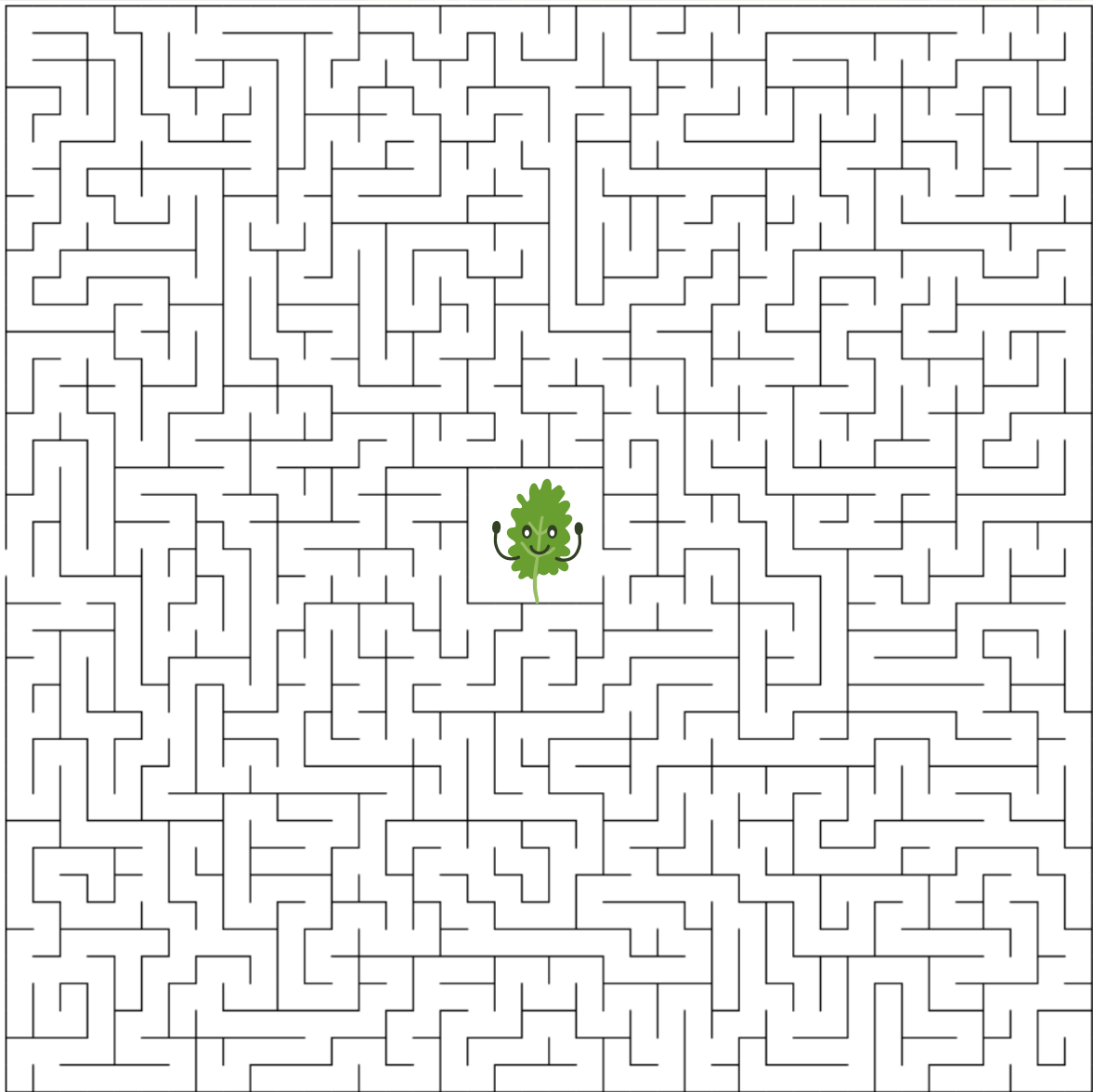
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## Maze

**Directions:**  
Find your way to the Kale in the center of the Maze!



**START  
HERE**



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# IDEA Child Nutrition Program

## March 2023 Harvest of the Month

### Word Scramble

Directions:  
Unscramble the Kale Related Words!

#### Scrambled Word

#### Unscrambled Word

1. EKLA
2. MRAF
3. YULRC
4. GIRNPS
5. CAHRM
6. ASVHTER
7. GNEER
8. ERIBF
9. DIONTXATINA
10. RAEVIEITS
11. NIUSTRETN
12. ILUCEIOSD

#### ANSWER KEY

- |                |            |
|----------------|------------|
| 12. DELICIOUS  | 6. HARVEST |
| 11. NUTRIENTS  | 5. MARCH   |
| 10. VARIETIES  | 4. SPRING  |
| 9. ANTIOXIDANT | 3. CURLY   |
| 8. FIBER       | 2. FARM    |
| 7. GREEN       | 1. KALE    |



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## Word Search

Directions:

- Find the Kale related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

KALE  
HARVEST  
MARCH  
LEAFY

GREEN  
SCARLET  
PREMIER  
DWARF

CURLED  
SIBERIAN  
BLUE  
URSA

V	P	X	T	S	H	P	I	R	X	R	M	A	J	Y	C	F	P	N	B
G	A	S	K	X	J	J	Y	D	D	M	O	M	D	S	S	L	C	M	B
T	C	X	I	T	C	A	Y	I	P	W	C	T	K	H	F	Q	L	Z	B
O	L	C	Q	B	F	T	B	Q	P	G	P	O	E	U	D	S	O	V	J
Z	K	X	G	R	E	G	A	I	I	E	P	L	J	L	V	V	W	B	N
V	N	P	A	Z	Y	R	B	E	Y	T	A	B	G	E	R	H	E	R	C
B	V	W	U	Q	Z	D	I	B	B	H	C	V	W	V	V	A	H	E	B
I	D	R	R	C	K	R	Y	A	M	S	A	Q	S	W	E	M	C	D	F
K	S	D	O	F	V	L	J	R	N	R	B	R	P	N	P	A	R	S	O
A	G	F	E	L	H	F	I	E	U	H	E	J	V	E	O	R	U	B	T
L	P	H	E	F	F	X	L	I	J	X	I	A	C	E	L	C	B	W	Y
L	E	A	N	E	E	R	G	M	C	U	R	L	E	D	S	H	L	K	A
C	F	C	Y	D	V	E	A	E	E	A	J	R	A	N	X	T	U	N	H
Y	L	P	O	G	Q	E	O	R	Y	F	S	K	A	L	E	Q	E	L	Q
T	E	L	Z	C	A	Z	I	P	Y	Y	C	M	P	O	Q	T	N	D	G



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# IDEA Child Nutrition Program March 2023 Harvest of the Month

## Kale

### VARIETIES

#### Common Curly Kale



This variety is the kind usually found in the grocery store. It has curly, dark green leaves. It is delicious raw in salads or smoothies, or cooked.

#### Dinosaur Kale



This variety has long narrow leaves that are a blue-grey color. It has a robust flavor. Try it cooked with olive oil, chili flakes & lemon juice.

#### Redbor Kale



This variety has a deep red and maroon color with frilly leaves. It has a mild flavor and crisp texture, similar to cabbage.

### Kale Fast Facts

Modern day kale is related to wild cabbages that existed over 2000 years ago in the Mediterranean and Asia Minor regions.

Kale has many veggie relatives! It is in the *Brassica* family with mustard, turnips and cabbage.



Kale is a Scottish word. It comes from "cole" or "caulis" that means whole cabbage plant!

California and Georgia grow the majority of the Kale produced in the U.S.

### IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2023 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Bridge

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve

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# IDEA Child Nutrition Program March 2023 Harvest of the Month Recipe

## Crispy Kale Chips

### STEPS

1. Line a baking sheet with parchment paper and spray with cooking spray.
2. Tear Kale leaves into 2-3 large pieces, removing the woody stems .
3. Wash the kale leaves in cold water.
4. Drain well and let dry.
5. Preheat oven to 250F.
6. Add the dry kale to large mixing bowl, then drizzle with olive oil.
7. Mix gently with a spatula ensuring all leaves are coated.
8. Sprinkle the kale with your choice of seasoning.
9. Toss again, making sure kale is evenly coated.
10. Spread the kale on the baking sheet in an even layer. Tip: To ensure the Kale gets crispy, don't overcrowd the pan.
11. Bake the kale chips for 15-20 minutes, until the kale is nice and crispy.
12. Remove from the oven let cool.
13. Enjoy!
14. Store leftovers in an airtight container.



### INGREDIENTS

- 1 bunch of fresh Kale
- 2 Tbsp. of olive oil
- 1/8 tsp. of your favorite seasoning
- Example: Salt, Pepper, Ranch Seasoning Mix, Lemon Pepper, Garlic Herb, etc.



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