



Try the January Harvest of the Month! **Kale**



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IDEA Child Nutrition Program January 2024 Harvest of the Month Recipe

Asian Kale Salad



INGREDIENTS

- 1 lb. of fresh Kale
- 2 large carrots, grated or shredded
- 1/4 Tbsp. sesame seeds

Dressing Ingredients:

- 1 -4 oz. cup of mandarins, including juice
- 2 Tbsp. of soy sauce or tamari
- 2 tsp. sesame oil
- 2 tsp. olive oil
- 2 tsp. apple cider vinegar
- 2 tsp. minced garlic
- 1/4 Tbsp. ground ginger
- 1/8 cup brown sugar

STEPS

1. Mix all dressing ingredients in a medium sized bowl until well combined. Set aside.
2. Wash Kale.
3. Remove Kale leaves from the stem, tear into bite sized pieces and gently massage.
4. In a large bowl, add the Kale leaves and shredded carrots.
5. Pour the dressing over the leaves.
6. Stir gently to combine.
7. Serve and garnish with sesame seeds.
8. Enjoy!



IDEA Child Nutrition Program January 2024 Harvest of the Month

Kale

VARIETIES

Common Curly Kale



This is the Kale that is most often sold in grocery stores. It has tight, curly leaves and long stems. This the Kale we use in our Asian Kale Salad!



Dinosaur Kale



Also known as Tuscan Kale, this Kale has long, sturdy leaves that are dark green with a mild flavor. It is mostly used in Italian cooking.



Salad Savoy



This variety is related to Kale and Cabbage. It has a mild flavor that resembles cauliflower, broccoli and cabbage.

Kale FAST FACTS

Kale grows best in cooler weather, which makes it a perfect winter crop. Kale can also tolerate a winter frost and will taste sweeter and more flavorful!

← Kale is a superfood for good reason! It's high in calcium, low in calories, packed with fiber, antioxidants, vitamins A, C, E and K, rich in folate, magnesium and potassium! →



Kale is incredibly versatile! It's delicious in fruit and veggie smoothies, raw in a salad, baked as chips, in soups, stews or sautéed as a side dish!

← Kale is a member of the cabbage family and has been cultivated for over 2,000 years! →

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 2024-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

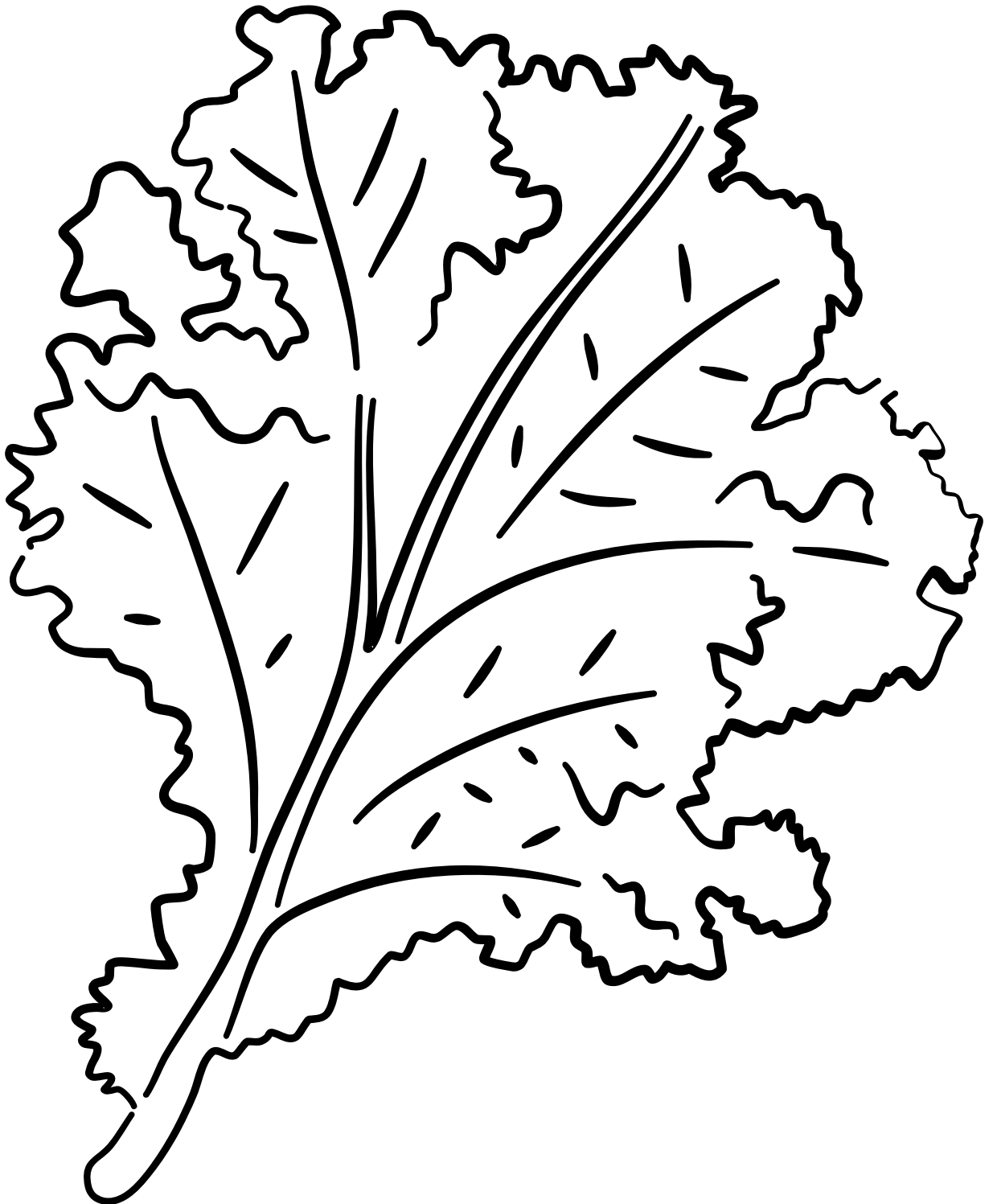
IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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IDEA Child Nutrition Program January 2024 Harvest of the Month

Coloring Activity



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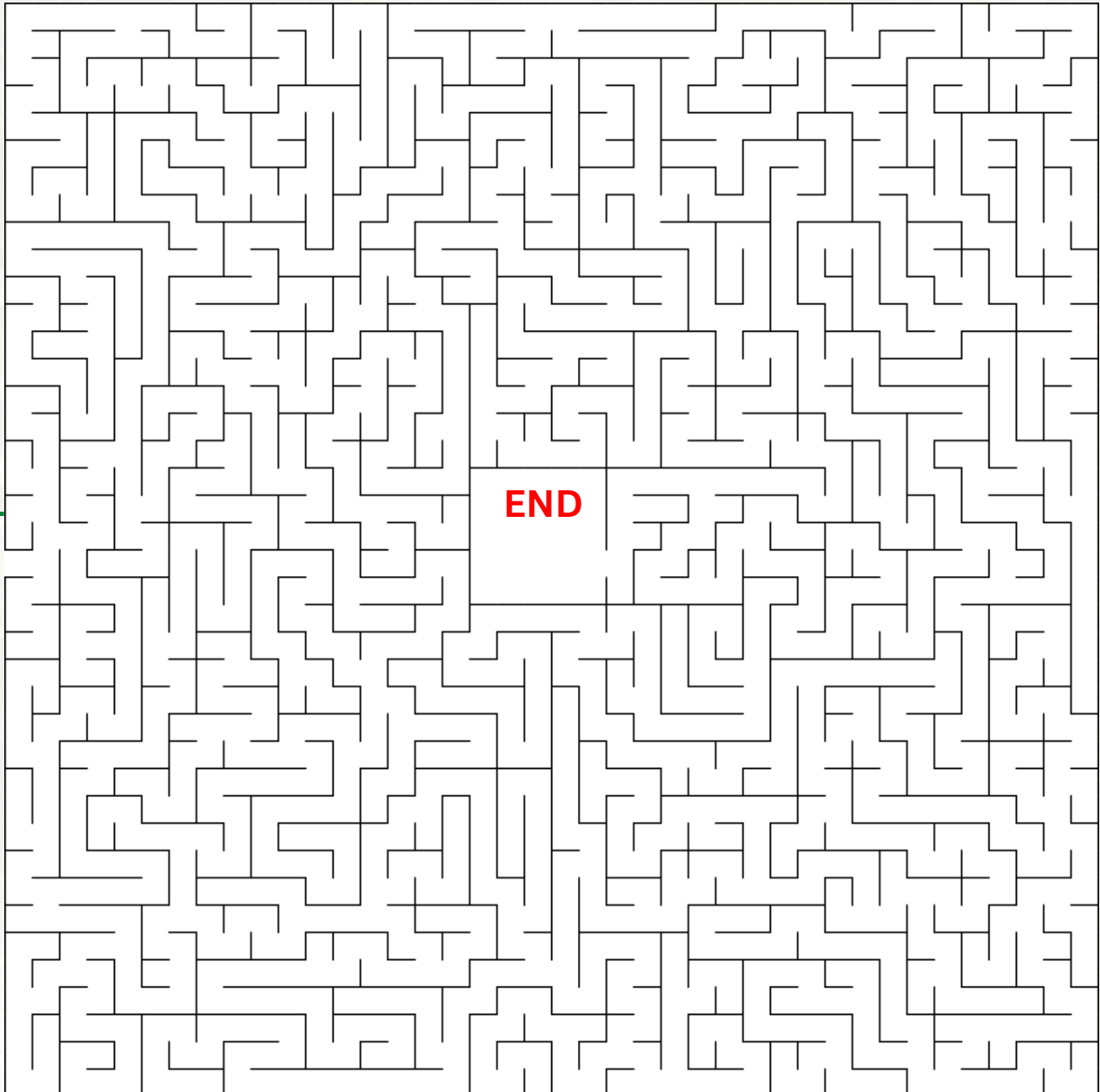
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Maze

Directions:
Find your way to the end of the Maze!

START

END



Esta institución es un Proveedor de Igualdad de Oportunidades.



IDEA Child Nutrition Program January 2024 Harvest of the Month

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.

DINOSAUR
JANUARY
REDBOOR
SIBERIAN

ELSA
KALE
SALADS
SUPERFOOD

HARVEST
LEAFY
SAVOY
VARIETIES

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



IDEA Child Nutrition Program January 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Kale Related Words!

Scrambled Word

Unscrambled Word

1. SDURINAO
2. JNRAUAY
3. ORDORBE
4. ISAERBNI
5. LSAE
6. LSAE
7. ASDLAS
8. EOFROSPUD
9. HTAVSER
10. LEYFA
11. ASVYO
12. IIERSEAVT

ANSWER KEY

- | | | |
|---------------|--------------|-------------|
| 9. HARVEST | 5. ELSA | 1. DINOSAUR |
| 10. LEAFY | 6. KALE | 2. JANUARY |
| 11. SAVOY | 7. SALADS | 3. JREDBOOR |
| 12. VARIETIES | 8. SUPERFOOD | 4. SIBERIAN |

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