



Try the
February Harvest of the Month!
Kale



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IDEA Child Nutrition Program February 2025 Harvest of the Month Recipe

Creamy Kale & Mushroom Pasta



Ingredients

1. ¼ c olive oil
2. 1 tbs minced garlic
3. 8 oz sliced mushrooms
4. ¼ c flour
5. 1 1/2 cup evaporated milk
6. 1 bunch of kale, cleaned, de-stemmed, and chopped
7. Salt & pepper to taste
8. 1lb of your favorite pasta, cooked

Instructions

1. Heat a medium sized skillet on med-high heat and add oil.
2. To the hot oil, add the garlic and cook for about a minute until fragrant.
3. Add mushrooms, stir and sauté.
4. When mushrooms have softened, add the flour and continue mix it into the mushrooms and oil in the pan. Cook for 3 minutes and turn the heat down to medium.
5. Using a whisk, mix in the evaporated milk and continue stir until the flour is completely incorporated. As the sauce cooks, it will begin to thicken.
6. Mix in the kale and cooked pasta.
7. Continue to stir ingredients until the sauce thickens to preferred consistency
8. Top with freshly grated parmesan cheese

***Note: Pasta can be added either cold or warm



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Kale

VARIETIES

Curly Kale



This is the most common variety, with tightly curled, dark green leaves. It's often used in salads, soups, or as a garnish.

Red Russian Kale



This variety has flat, fringed leaves that are green with a reddish-purple tinge. It's slightly sweeter and more tender than curly kale.

Siberian Kale



Known for its broad, smooth leaves. It has a more mild flavor and is quite cold-hardy. It's great for making kale chips or adding to stews.

Kale FAST FACTS

Kale comes in various shades, from deep green to purple, and even red, depending on the variety.



Kale has been grown for over 2,000 years, and it was a staple vegetable in ancient Greece and Rome.

Kale is one of the hardiest leafy greens and can survive frost, often becoming sweeter after exposure to cold weather.

Kale is a great beginner plant for gardeners. It grows well in cool weather and can be harvested multiple times in a season.

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 2024-2025 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

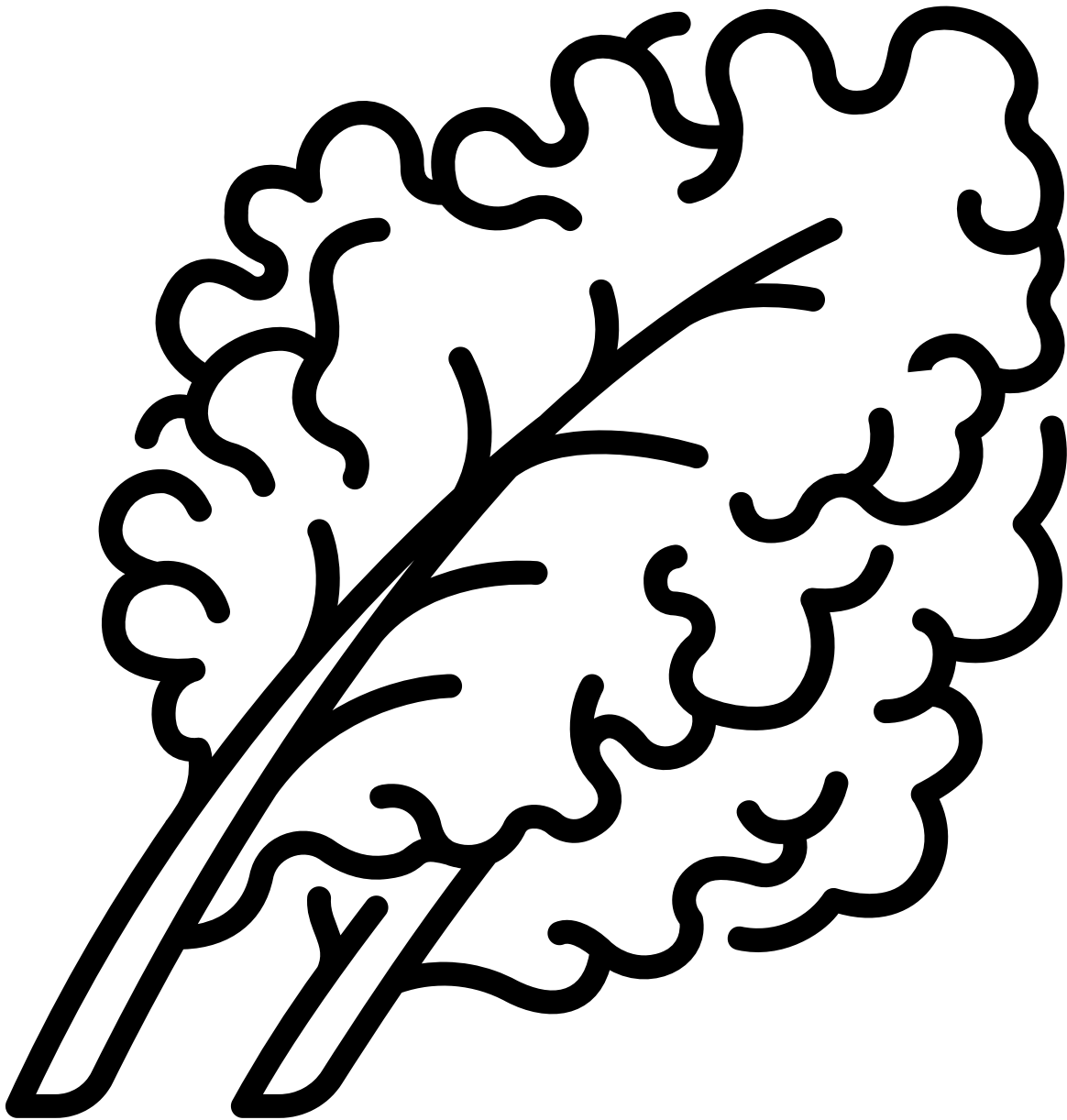


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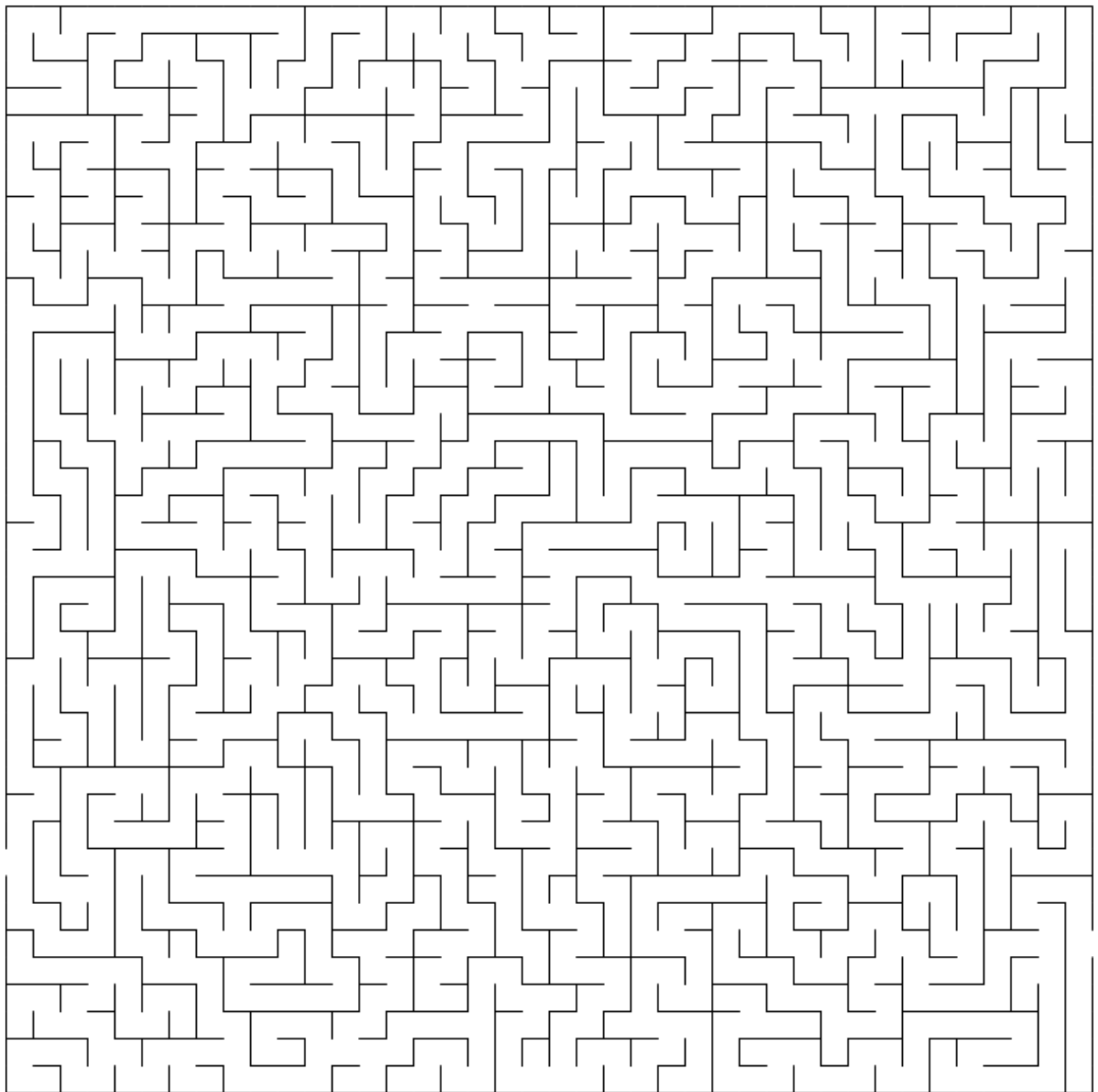
Coloring Activity





IDEA Child Nutrition Program February 2025 Harvest of the Month

Directions:
Find your way to the Kale!



START



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IDEA Child Nutrition Program February 2025 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.

Chips
Harvest
Red
Smoothie

Curly
Kale
Salad
Soup

Garnish
Leafy
Siberian
Vegetable

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



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Word Scramble

Directions:
Unscramble the Kale Related Words!

Scrambled Word

Unscrambled Word

1. ICHSP
2. TRVAHES
3. ERD
4. OOITHEMS
5. LYRUC
6. KLEA
7. ALADS
8. USPO
9. SINAGHR
10. EAYFL
11. ENABRIIS
12. GTEVAELEB

ANSWER KEY

- 1. Chips
- 2. Harvest
- 3. Red
- 4. Smoothie
- 5. Curry
- 6. Kale
- 7. Salad
- 8. Soup
- 9. Garnish
- 10. Leafy
- 11. Siberian
- 12. Vegetable

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