KALE IN THE CAFETERIA

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

www.nhharvestofthemonth.org

Tidbit

Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup!

Cooking Tips

- Boil or steam kale for 20-30 minutes.
- Removing the stem is ideal for many dishes; rip the leaf from the stem by holding the base of the stem upward, and pulling down.

RECIPES

Kale Parmesan Salad

Yield: 50 half-cup servings of dark green vegetable

Ingredients:
8½ lbs fresh kale
3 cups grape tomatoes
1½ cups olive oil (or vegetable oil)
2 cups parmesan cheese
¾ cups fresh lemon juice
salt and pepper, to taste
garlic powder, to taste (optional)

Directions:
1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Cut tomatoes in half or quarters, add to small bowl.
6. Add oil mixture to kale, mix to coat, serve chilled.

Source: GMFTS

Kale Pesto

Yield: 1½ cups or 50 1 tsp. taste test servings

Ingredients:
4 garlic cloves
1 bunch of kale
¾ cup olive oil
1 cup parmesan cheese
1 Tbsp. fresh lemon juice
salt and pepper, to taste

Directions:
1. Blanch stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

Source: Bon Appétit

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**Selection**

Choose leaves that are not wilted and have firm stems.

**Storage Tips**

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- To freeze: Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag.

**Benefits**

Kale is an excellent source of vitamin A and C and the mineral potassium. It is a good source of vitamin B6 (pyridoxal phosphate) and the mineral copper.

**Mini Activities**

- Have three bags with a different vegetable hidden in each. Have students guess the vegetable by touch. Example: a bunch of kale, a winter squash and beets. Post the results in the school’s cafeteria space!
- Taste test kale with a variety of dressings, such as, maple balsamic vinaigrette, ranch and sesame soy.

**Kid-Friendly Eating Tips**

- Add raw, thinly-sliced kale to a pasta dish.
- Use kale as the base for a salad; you can mix it in with lettuce leaves. Massaging the kale leaves first makes them softer and therefore easier to chew.
- Make pesto by blending kale like you would basil! Add it to pasta or use it as a sandwich spread.
- Toss kale leaves, stem removed, with olive oil, garlic, salt and pepper, bake in the oven at 350°F.

**Varieties of Kale:**

- Lacinato (Dinosaur)
- Red Russian
- Ripbor
- White Russian
- Siberian
- Vates

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Sources: The Visual Food Encyclopedia, The Encyclopedia of Healing Foods, GMFTS

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