



# early childhood ACTIVITY GUIDE KALE

## LEARN



### facts

- Spanish translation:  
*La col rizada*
- Hmong translation:  
*Zaub qhwv nplooj caws*
- Kale is a leaf vegetable.
- Lacinato kale is a type of kale that is also called Dinosaur kale because of its bumpy leaves.



*Dinosaur*

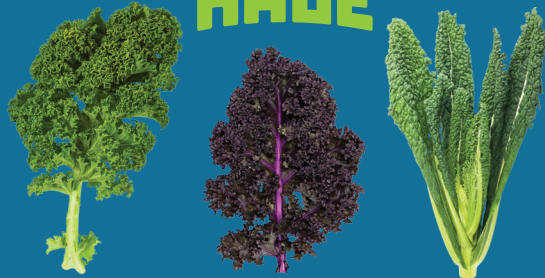


*Red Russian*

## EAT



### CHOOSE KALE



### nutrition & seasonality

- Kale has vitamin K. Vitamin K helps our blood clot when we get a cut and it helps our bodies absorb calcium.

#### Share with children:

Vitamin K helps our bodies make scabs when we get a cut, so it can heal faster.

- Fresh kale grown in Wisconsin is available from May through October.

## TASTE



Nutritious,  
Delicious,  
Wisconsin!

### taste testing

Add a little oil and balsamic vinegar to raw chopped kale. After children wash and clean their hands, allow them to rub the kale. This helps to soften the leaves. Add a variety of shredded or chopped fruits and vegetables to make a salad. Encourage children to taste the massaged kale. Ask children to describe how it looks, feels, smells and tastes.



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## FUN



### activity: Leaf Rubbing

Children can make a rubbing of a kale leaf (or any type of leaf) by placing a fresh, dry leaf under a piece of paper and rubbing a crayon over the paper that is covering the leaf. After the leaf rubbing is made, have the children look at their picture and point out any parts of the leaf that show up in their rubbing. This might include the stem, veins or outline.

— Adapted from: Montana Harvest of the Month

**Share pictures** and engage with the Harvest of the Month community by using #WIHarvestoftheMonth on social media.

Curly



## READ



### books

- *Alex McGreen and the Tale of the Mysterious Kale* by Rayna R Andrews
- *Vegetables* by Sara Anderson
- *Captain Kale and the Superfoods* by Amy Roth
- *The Tale of Kale: Based on a Kid's Real Story* by Lisa Borden

## GARDEN CONNECTION

### planting

Kale is a cool season plant and can withstand frosts and snowfall, but it doesn't love the summer heat. Plant seeds early in the spring about ½ inch deep and 8 inches apart. You can also plant again 6-8 weeks before the first fall frost for a late season harvest.

### harvesting

Harvest kale when several leaves have developed. Cut older, larger leaves and allow younger leaves to keep growing. You can continue to harvest kale through the season.