

LEARN



facts

- Spanish translation: *La col rizada*
- Hmong translation: *Zaub qhwv nplooj caws*
- Kale has been grown in Europe and Asia for over 2,000 years.
- Kale is a part of the Brassicaceae family along with collard greens, wild cabbage, cauliflower, broccoli, kohlrabi, and Brussels sprouts.
- There are over 50 varieties of kale. Popular varieties of kale include curly kale, Red Russian, Redbor, and Lacinato. Lacinato kale is also called Dinosaur kale because of its bumpy leaves.
- Celebrate National Kale Day the first Wednesday in October.



Dinosaur

EAT



nutrition & seasonality

• **Key nutrients:**

- Vitamin K - Needed for blood clotting, preventing excessive bleeding.
- Vitamin A - Keeps skin and bones healthy, resists and fights infection, maintains good eyesight.
- Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.
- Fresh kale grown in Wisconsin is available from May through October.



Red Russian

TASTE

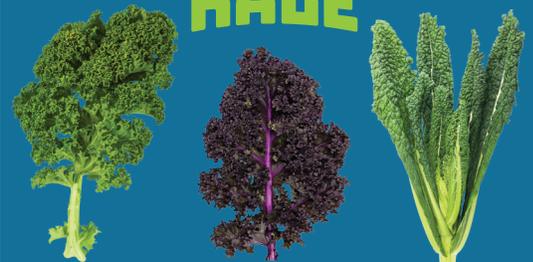


Nutritious,
 Delicious,
 Wisconsin!

taste testing

Taste test kale with a variety of dressings, such as maple balsamic vinaigrette, ranch, and sesame soy. You can also compare raw kale to "massaged" kale salad. Add a little oil and balsamic vinegar to raw chopped kale and use clean hands to rub the kale. This helps to soften the leaves before adding salad toppings. Ask kids to compare the texture of raw kale to the massaged kale. Encourage kids to use their five senses to observe, smell, feel, listen, and taste both versions of kale. Poll kids to find out if they prefer raw versus massaged kale and why.

**CHOOSE
 KALE**



FUN



activity: Chef Chlorophyll Theater

Objective: Kids will learn that plants make food for themselves, which helps make plants healthy for us to eat.

Supplies: Printed pictures of sunlight, water, and air (carbon dioxide) and additional chef props (hat, large pot, mixing spoon) as desired.

Procedure: Have one teacher play “Chef Chlorophyll” and another adult help ask questions and hand out ingredients. You can also help kids perform the roles of Chef Chlorophyll and the skit facilitator. For older kids, you can explain that Chef Chlorophyll takes his/her name from the green pigment in plants that enables them to perform photosynthesis. Chlorophyll is also what makes plants green.

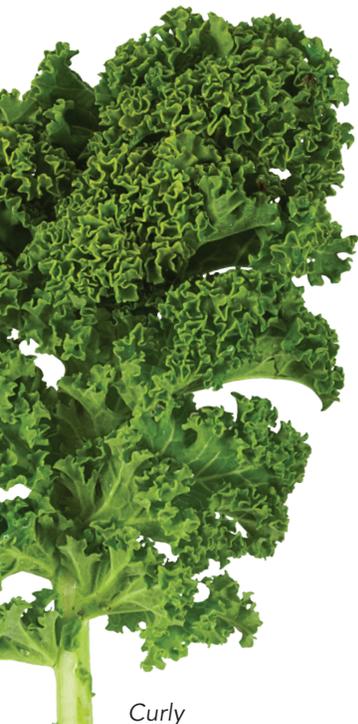
This short skit takes place inside a leaf, where Chef Chlorophyll sits with his/her pot and spoon, mixing up food for the plant. Chef Chlorophyll introduces him/herself and tells the kids that he/she is working inside his/her leaf kitchen to make a delicious dish for the plant. He/she takes a taste from his/her pot and says, “It tastes okay, but it needs a few ingredients.” Chef Chlorophyll’s helper asks the kids what ingredients the chef needs. The helper can explain that the missing ingredients are things the plants need to live and grow. *Answer: sunlight, water, and air (carbon dioxide).*

When a kid answers with one of the correct ingredients, give them a picture of that ingredient and have them drop it in the chef’s pot. Chef Chlorophyll stirs it in and tastes again. “Mmm, that tastes better, but a couple more ingredients are needed!” Repeat until all three ingredients are in the pot. Conclude with Chef Chlorophyll stating that the mixture tastes delicious and the food is ready.

Follow up with a brief discussion about photosynthesis. Ask kids if people make food like plants do. Explain that only plants are truly able to make their own food. Ask them to imagine what it would be like if people could make a sandwich or spaghetti inside their hand. That’s a bit of what it’s like for plants. Explain that people (and other animals) depend on plants for food and that eating plants helps make us healthy! Plants also help make us healthy by creating oxygen for us to breathe through the process of photosynthesis.

— Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual. This activity can be facilitated over a virtual learning platform with minor modifications.



Curly

READ



books

- *Captain Kale and the Super Foods* by Amy Roth
- *The Tale of Kale: Based on a Kid’s Real Story* by Lisa Borden

Share pictures

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

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.