



# Kale

## Harvest of the Season

### Eat More Arizona Grown Kale

Fuel up with vegetables and fruits! By adding more vegetables to your family's diet, you are helping your family be at their best. Eating a variety of vegetables and fruits gives you lots of vitamins and minerals that you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Buy fresh vegetables, like kale, in season when flavor is best and the price is low!

Most recently, kale was harvested on 121 acres in Arizona from 20 different farm operations.

### Why Eat More Kale?

Kale is full of nutrients. Here's how the nutrients in kale keep you and your family healthy:

Nutrients Found in Kale
<b>Vitamin K</b> Plays a role in bone and blood health
<b>Vitamin A</b> Helps your eyes and skin stay healthy
<b>Calcium</b> Helps form bones and teeth and keep them strong
<b>Postassium</b> Helps you maintain a healthy blood pressure

### What Are the Different Types of Kale?

Try different types of kale to find your family's favorite. These are a few types of kale grown in Arizona on farms of all sizes:

- Dinosaur
- Vates
- Winterbor
- Red Russian
- Tuscan

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 ½ cups
Older children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 1/2 to 3 cups	2 cups

Kids learn by watching you. Eat vegetables and fruits and they will to.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

## How to Choose, Store and Prepare Kale

### Choose:

- Choose kale greens that are dark in color, crisp and free from brown or yellow edges.
- Avoid kale greens that look wilted and have brightly colored outer leaves.

### Store:

- Store fresh kale in the refrigerator at or below 41° F and use it within five to seven days.
- Loosely wrap in a damp paper towel and put in either a plastic bag or a plastic container to extend shelf life. Kale, being a heartier green, can stand a bit more handling than other greens.

### Prepare:

Kale greens are often eaten cooked because of their tough texture and bitter taste. To improve taste, try the following tips at home:

1. Always prepare food with washed hands.
2. Cut into small pieces and let it sit with an acid, like vinegar or lemon juice, for 20-30 minutes.
3. Massage kale leaves once removed from the stalk to remove excess bitterness and to soften the leaves for raw salads.
4. Put in fruit smoothies to add extra nutrients to your favorite smoothie recipe.
5. Using a heating method with a fat (like cooking it in a pan with olive oil) can help tame the bitterness of the greens.

Tip: You can do a lot with kale, so feel free to use heat (braise, steam or roast) to add this vegetable to all of your favorite recipes!

To learn more, visit [fruitsandveggiesmorematters.org](https://www.fruitsandveggiesmorematters.org).

## Plant and Grow Kale

- Plant kale seeds with your kids. Plant your seeds in an area or garden with full sun exposure. Be sure to thin your seedlings after two weeks of growth to keep spacing 8 to 12 inches apart. Certain varieties might be more delicate than others, so be sure to pay attention to any need for shade cloth.
- Regions below 2,000 feet should plant kale between September and December.
- Regions between 2,000-3,000 feet should plant kale between August and September.
- Regions at or above 3,000 feet should plant kale between February and April.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Chicken Vegetable Soup with Kale

### Ingredients:

- ½ cup peeled and chopped onion
- ¾ cup chopped carrot
- 2 teaspoons vegetable oil
- 1 teaspoon ground thyme
- 2 cloves peeled and finely diced garlic
- 3 cups canned low-sodium chicken broth
- ¾ cup tomatoes, diced
- 1 cup cubed, cooked, skinless chicken
- 1 cup cooked brown rice
- 2 cups chopped kale

### Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Heat oil in a large pan over medium heat.
4. Add onion and carrot to pan. Cook until vegetables are tender, about 5-8 minutes.
5. Stir in thyme and garlic. Cook for one minute.
6. Add broth, tomatoes, cooked rice, chicken and kale.
7. Simmer for 5-10 minutes before serving.
8. Serve hot.



**Makes 3 servings**  
**2 1/2 cups each**

### Nutrition Facts

per serving	
calories.....	264
carbohydrates ..	27 gm
protein.....	22 gm
total fat.....	9 gm
saturated fat.....	2 gm
trans fat.....	0 gm
cholesterol .....	39 mg
fiber.....	4 gm
total sugars.....	3 gm
sodium.....	126 gm
calcium.....	114 gm
folate.....	32 mcg
iron.....	3 mg
calories from fat...	30%

For more free recipes, visit [EatWellBeWell.org](http://EatWellBeWell.org).

## Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to [arizonagrown.org](http://arizonagrown.org) for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.



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