

The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at mtharvestofthemonth.org



Cooking

Steam kale for a quick side of greens to add to any meal. Remove dried or thick stems. Place kale in a pan with a small amount of water and low-sodium seasonings such as garlic powder, pepper, or herbs. Cook on medium heat for 2-4 minutes, depending on size and age of greens, until desired tenderness. Add raw kale with stems removed and roughly chopped to soups and steams right before serving. Cooked kale reduces in size by 75-80% compared to fresh greens. For raw kale, tenderness can be achieved by massaging finely cut greens with an acidic salad dressing. Add in nuts, seeds, or dried fruit for added flavor and texture.

Buying Tips

Buy kale with firm, bright leaves. Baby kale should have small, tender leaves with few stems. Kale stems can be bitter. Remove larger stems or use baby kale. "Mature" kale will be 12-16 inches in length with stems and relatively small leaves. Store in perforated plastic bag in refrigerator up to 5-10 days.



Kale



Kale



Did You Know

- Celebrate National Kale Day this October! For more information, visit nationalkaleday.org
- Kale becomes sweeter after experiencing a light frost.
- Kale has been grown for more than 6,000 years and is in the brassica family along with bok choy, collards, and broccoli.
- There are over 50 varieties of kale. Lacinato kale is also called dinosaur kale for its bumpy leaves. Please pass the dino salad! There are also ornamental varieties in many colors including white, pink, and purple.



Nutrition Information

Kale is packed full of nutrients. One cup of raw kale contains 684% of the recommended daily value of vitamin K, an essential nutrient that helps blood clotting. Kale is an excellent source of vitamin A and vitamin C which promote a healthy immune system. It is also a good source of calcium, potassium, vitamin B6, and fiber. Kale is a good source of iron that helps with the formation of red blood cells and delivers oxygen to all parts of the body. Kale is a powerhouse of nutrients that may help lower the risk of several cancers, decrease blood pressure levels, and help protect against stroke and cardiovascular disease.

Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

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