



Kale

Sources

Cafeteria

- National Kale Day (nationalkaleday.org)
- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- Can I Grow That Here? Guide, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- The Visual Food Encyclopedia
- Food Fact Sheets “Kale”, Montana State University Extension (www.msuextension.org/nutrition)
- Kale Hero Toolkit, National Kale Day (nationalkaleday.org)
- Kale Nutrition Facts, SELF Nutrition Data (nutritiondata.self.com/facts/vegetables-andvegetable-products/2461/2)
- Developed by: Edward Christensen, Assistant Food Service Manager, Missoula County Public Schools
- Let’s Cook: Healthy School Meals, Project Bread (www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf)
- Kale image used with permission from Ripple Farm Organics (www.ripplefarmorganics.co.uk/kale.html)

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Classroom

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- City Blossoms (cityblossoms.org)

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- Kale varieties photograph used with permission from Ripple Farm Organics (www.ripplefarmorganics.co.uk/kale.html)
- Leaf illustration used with permission from California Harvest of the Month (harvestofthemonth.cdph.ca.gov)

Home

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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