

# Reasons for the Seasons

## Produce Tips for Placer & Nevada County Consumers

Local Season -  
November  
thru March



# KALE

**Kale** is a member of the cabbage family and is very popular in Northern Europe. It is grown locally during the cooler months. It is a cool-season cooking green similar in texture to collards.

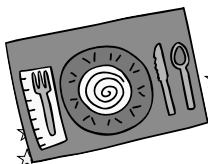
### Nutrition Benefits

Kale is:

- ◆ Good source of vitamin A
- ◆ Good source of vitamin C
- ◆ Good source of calcium
- ◆ Good source of vitamin K
- ◆ Very low in calories

### Serving Tips

- ◆ Add to soups.
- ◆ Add to salads for an unexpected bite - cut kale crosswise into thin slices.
- ◆ Use shredded kale in soft tacos.
- ◆ Add kale to your favorite sandwich.
- ◆ Mix kale with cooked pasta.



## Family Meal Ideas

Family mealtime should be a positive time for the family to interact. To keep family meals a good experience for children and adults it is important to remember a few things:

- Turn off the TV and radio before family meals.
- Discuss positive topics while sharing meals.
- Have meals last at least 20-30 minutes.
- Avoid using mealtimes to discuss problems.



# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

### KALE



#### Locally Grown Varieties

- *Scotch*: very curled and wrinkled leaves - Dwarf blue curled scotch; Redbor; Winterbor.
- *Siberian (or Russian)*: types are almost flat with finely divided edges - Red Russian; Blue Curled Vates; White Russian.
- *Heirloom*: slightly crinkled, blue-gray leaves - Lacinato, Dinosaur.

#### Shopping Tips

- ✓ Choose dark-colored kale bunches with small to medium leaves.
- ✓ Avoid brown or yellow leaves.
- ✓ Choose kale with crisp leaves and intact stems.



#### Handling and Storage

- ◆ Store kale in a plastic bag in the refrigerator.
- ◆ Kale should keep in the refrigerator for 3-5 days.
- ◆ Kale should be cut with a stainless steel knife or torn to avoid discoloration.
- ◆ Don't wash kale until ready to use.

#### Preparation

Kale can be eaten raw or cooked.

- ◆ **Fresh:** Wash kale well - the curling of the leaves can make dirt stick well to them. Tear or chop leaves. Save stems for broths and soups. Boil about 5 minutes, drain and season with vinegar or your favorite seasonings.
- ◆ **Freezing:** Blanch kale for 2-3 minutes in boiling water then immediately place in ice water for 1-2 minutes. Drain well and place the kale in a re-sealable plastic bag. Freeze for up to 6 months.

# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

### **BAKED KALE CHIPS**

#### **INGREDIENTS:**

- 1/4 teaspoon paprika
- 1/4 teaspoon garlic
- 1/2 teaspoon salt
- 3-6 large kale leaves, torn into shreds
- 1-2 tablespoons olive oil



#### **DIRECTIONS:**

1. Preheat oven to 350°F. Line a baking sheet with aluminum foil.
2. Combine paprika, garlic and salt in a small bowl.
3. Rinse kale and blot dry with paper towels. Tear into large pieces.
4. Place kale leaves in a large bowl. Drizzle olive oil on kale leaves and massage oil into the leaves.
5. Arrange the kale leaves on the baking sheet. Sprinkle with garlic paprika salt.
6. Bake until leaves are crisp but still dark green, about 7-12 minutes (*Tip: When kale begins to brown, a bitter flavor may develop*).
7. Remove from oven and serve.

### **KALE SALAD**

(6 SERVINGS)

#### **INGREDIENTS:**

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon chili powder
- Salt and pepper, to taste
- 2 bunches kale, washed, stems and ribs removed, finely chopped
- 1/2 cup sunflower seeds
- 1/4 cup raisins



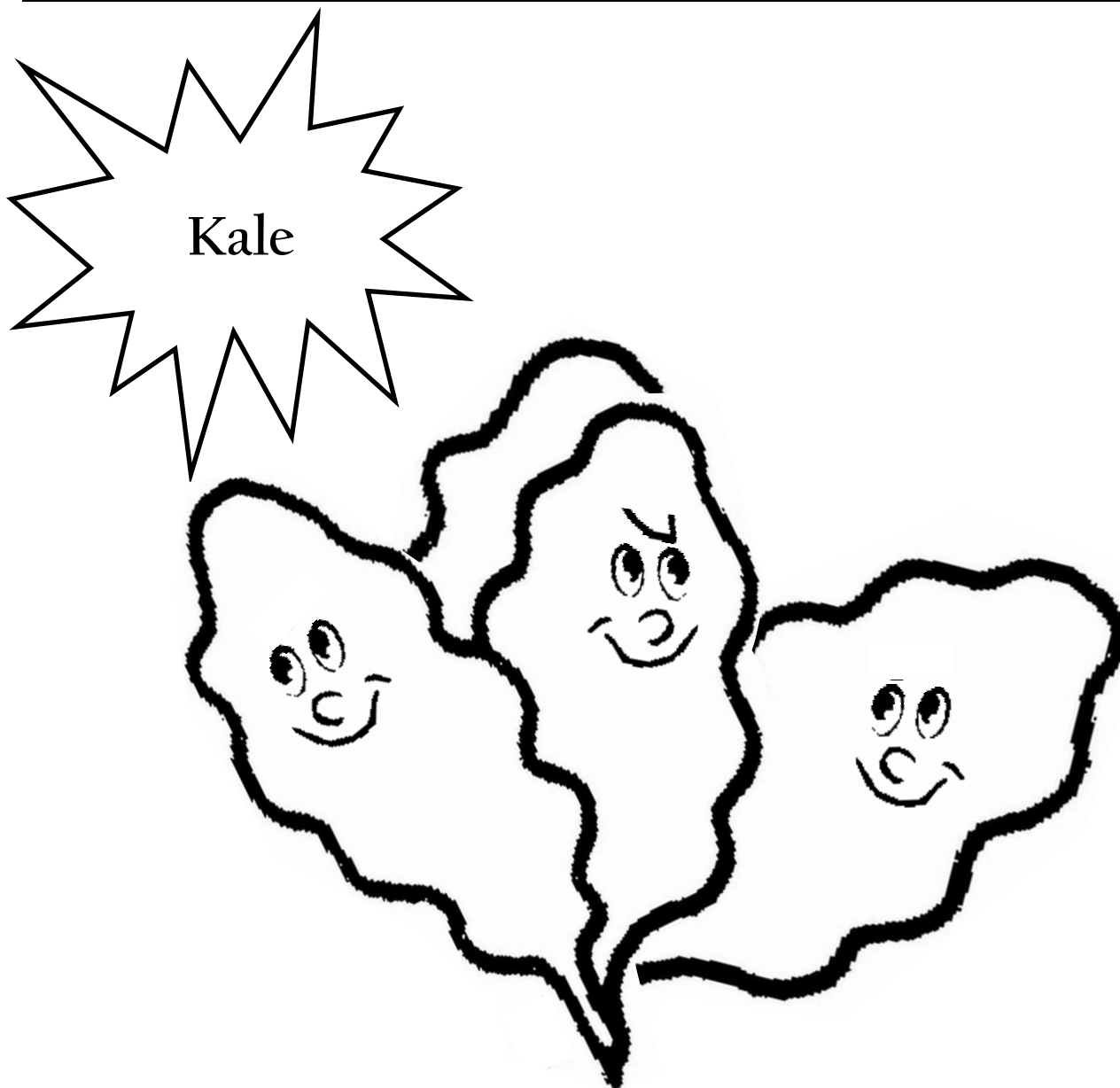
#### **DIRECTIONS:**

1. In a large bowl, whisk together oil, lemon juice and chili powder.
2. Combine kale and remaining ingredients.
3. Add oil mixture to kale mixture and toss well to combine.
4. Serve.

*Tip: Dark green curled edge varieties of kale may have a slightly sweeter flavor than lighter-colored non-curved edge varieties.*

# Reasons for the Seasons

## Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs  
University of California Cooperative Extension - Placer/Nevada Counties  
11477 E Avenue, Auburn, CA 95603  
Phone: (530) 889-7350 Fax: (530) 889-7397  
Website: <http://ceplacervevada.ucdavis.edu>



**UC** University of California Cooperative Extension  
**CE** Division of Agriculture and Natural Resources

2012

The University of California ) Division of Agriculture & Natural Resources (ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994; *service in the uniformed services* includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services).

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.