

# Kale

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# Introduction: Kale

## History:

Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months. Kale plants range in color from white-green and yellow green to blue-green and violet. Some varieties have been developed specifically for ornamental purposes.

## Fun Facts:

- Out of the quite large cabbage family, kale is the closest relative to wild cabbage.
- Kale and collards are very similar; the difference is that kale has uneven leaf edges (serrated, lobed) and is less heat-tolerant.

*Sources: The Visual Food Encyclopedia, The Encyclopedia of Healing Foods, GMFTS.*

[http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/kale\\_educator.pdf](http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/kale_educator.pdf)

# Did You Know?

Kale is so cold resistant, it can resist frost and snowfall!



## **Per calorie kale has...**

- More iron than beef
- More calcium than milk
- And more vitamin C than spinach

# Lesson: Kale--Super Foods to the Rescue

## Directions:

This lesson will demonstrate to attendees how to prepare raw kale in salads through massaging the leaves. Participants will taste test a salad made with raw kale and view a demonstration on how to massage kale. Through discussion and flyers the attendees will understand how versatile kale is in recipes and also the various health benefits of kale. The kale salad can be made in advance and is easily prepared on-site. Included are other kid-friendly kale recipes that can be tested if facilities allow you to make them fresh.

## Objective:

- Attendees will learn techniques for preparing raw kale in salads.
- Attendees will taste test a salad recipe featuring kale.

## Materials:

- Extra kale for display on table
- Did You Know? Kale Flyer
- Kale Recipe Cards
- Supplies, as needed, from the General Supply Check List

## Procedure:

1. Organize table to display kale, flyers, and taste test.
2. Ask attendees: Do you buy kale at home? How do you prepare kale? Discuss the versatility of kale (i.e. in smoothies, kale chips, raw in salads, with pasta, etc.) Also explain the various health benefits of kale. Show attendees 'Did You Know? Flyer' for quick health facts.
3. Ask attendees: Do you ever prepare kale raw in a salad? Explain and demonstrate how massaging kale can take tough leaves and make them softer and more palatable.
4. Serve the kale salad taste test and collect votes after they have tasted.

## Assessment: *To be tracked on the reporting sheet.*

- The number of people that try the food.
- The number of recipe cards taken by attendees.
- The response in the voting jars.



# Lesson: Kale True or False

## Directions:

This lesson will provide some interesting fun facts regarding kale which include nutritional information and more. Consider doing a comparison of raw vs. steamed kale, or kale chips for a taste test. See the Vermont Harvest of the Month resources for more recipe ideas, or for a cooking activity to do with attendees; see our "Massaged Kale Salad " recipe.

## Objective:

- Attendees will learn interesting facts about kale.
- Attendees will also learn some nutritional information about kale.
- Attendees will taste test kale recipes.

## Materials:

- Extra kale for display on table
- Did You Know? Kale Flyer
- Kale Recipe Cards
- Supplies, as needed, from the General Supply Check List

## Procedure:

When a statement is true, students will stand up. When they believe a statement is false, they will sit down.

1. Kale is related to the cabbage plant.  
*True:* Kale is in the same plant family as cabbage, broccoli, and cauliflower.
2. There are up to 12 different kinds of kale.  
*False:* There are more than 50 varieties, and they come in different shapes and textures from purple to green. Names include dinosaur Kale, and Russian Kale, and cow kale.
3. You may not have heard of Kale because it is a new vegetable and it is only now getting popular.  
*False:* Kale is more and more popular and found on more menus and in more homes these days, but it is not a new food! Kale has been cultivated (grown) for over 2000 years and was a popular dish in ancient Rome, and was eaten in a more wild form for much longer.
4. Kale is high in Vitamin K, which helps our blood and our bones.  
*True:* It should be easy to remember because Kale starts with K!
5. Kale can be harvested in the December in New England.  
*True:* Kale is a hardy plant, and the waxy layer on the outside of the leaves called the epidermis allows it to grow into the colder months of fall and winter. With a greenhouse or cold frame, kale can be grown even longer!

**Assessment:** *To be tracked on the reporting sheet.*

- The number of attendees that try the food.
- The number of recipe cards taken by attendees.
- The response in the voting jars.

# Lesson: Making Massaged Kale Salad

## Directions:

This lesson will demonstrate to attendees how to prepare raw kale in salads through massaging the leaves. Participants will taste test a salad made with raw kale and view a demonstration on how to massage kale. Through this “massaging” of the kale, attendees will learn about leaf structure through feel and observation. Once the recipe is prepared, attendees will taste test and rate their responses.

## Objective:

- Attendees will learn about kale leaf structure.
- Attendees will learn techniques for preparing raw kale in salads.
- Attendees will taste test a salad recipe featuring kale.

## Materials:

- Small bowl to mix dressing
- Measuring cup
- Measuring spoons
- Lemon juicer
- Mixing spoon
- Individual bowls/plates for each attendee
- Knife and cutting board to cut apples
- Massage Kale Recipe cards and ingredients

## Procedure:

1. Ask attendees: Do you ever prepare kale raw in a salad? Explain and demonstrate how massaging kale can take tough leaves and make them softer and more palatable.
2. Each attendee should have their own small bowl and kale leaf. They will tear the leaves from the stem, and tear into small pieces. They may roll the kale in their hands and place in a small bowl.
3. As they “massage” their kale, have them note the waxy texture of the leaves and note that they are breaking down the epidermis, the waxy protective outer layer.
4. While attendees are occupied massaging their greens, you may invite others to help with salad dressing, or you may save time and make it yourself, showing attendees what is in it as they massage their greens.
5. Attendees will continue to follow Massaged Kale Salad recipe.
6. Serve the kale salad taste test and collect votes after they have tasted.

**Assessment:** *To be tracked on the reporting sheet.*

- The number of people that try the food.
- The number of recipe cards taken by attendees.
- The response in the voting jars.

## Recipe: Kale Pesto

### **Food Service and Home Version:**

**Total Time: 20 min.**

**Yield:** 1 ½ cups, ~50 1 tsp. taste test servings

#### **Ingredients:**

- 1 bunch of kale
- ¾ cup olive oil
- 1 Tbsp. fresh-squeezed lemon juice
- 1 cup parmesan cheese
- 2 garlic cloves
- salt and pepper, to taste

#### **Directions:**

1. Blanche de-stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

#### **Note:**

For taste tests, use crackers or bread!

*Source: Bon Appétit*

# Recipe: Massaged Kale Salad

**Total Time: 30 min.**

## Ingredients:

- 2 bunches kale – one leaf per attendee
- 2 lemons
- ½ cup extra virgin olive oil
- Kosher salt
- 2 Tbsp honey
- 2 Tbsp apple cider vinegar
- 1 apple
- 1/4 cup toasted pepitas (pumpkin seeds) or toasted sunflower seeds

## Cooking Supplies:

- Small bowl to mix dressing
- Measuring cup
- Measuring spoons
- Lemon juicer
- Mixing spoon
- Individual bowls/plates for each attendee
- Knife and cutting board to cut apples
- Massage Kale Recipe cards and ingredients

## Directions:

1. Tear the leaves from the stem, and tear into small pieces. Roll the kale in your hands breaking down the leaf then place in a small bowl.
2. To make the dressing, mix in medium bowl: juice of two lemons, olive oil, honey, apple cider vinegar and salt to taste.
3. When kale leaves have been massaged thoroughly, they may be added to a plate, dole out dressing, apple slices and a small scoop of seeds.

# Recipe: Parmesan Kale Salad

**Total Time: 25 min.**

<b><u>For 4 to 6 Servings</u></b>	<b><u>For 50 1/2 cup Servings</u></b>
<p><i><u>Ingredients:</u></i></p> <ul style="list-style-type: none"><li>● 2 bunches fresh kale</li><li>● 2 Tbsp. olive oil (or canola)</li><li>● 1/2 cup grated parmesan cheese</li><li>● 2 Tbsp. fresh-squeezed lemon juice</li><li>● salt &amp; pepper, to taste</li><li>● minced garlic or garlic powder, to taste (optional)</li></ul>	<p><i><u>Ingredients:</u></i></p> <ul style="list-style-type: none"><li>● 8 1/2 lbs fresh kale</li><li>● 1 1/2 cups olive oil (or canola)</li><li>● 2 cups parmesan cheese</li><li>● 3/4 cup fresh-squeezed lemon juice</li><li>● 1/4 tsp. salt &amp; pepper, to taste</li><li>● minced garlic or garlic powder, to taste (optional)</li></ul>

*Directions:*

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Add oil mixture to kale, mix to coat, serve chilled.

*Notes:*

In a setting where people visit your table for longer periods of time, it might be more powerful to have the attendees make the salad and actually experience massaging the kale.