

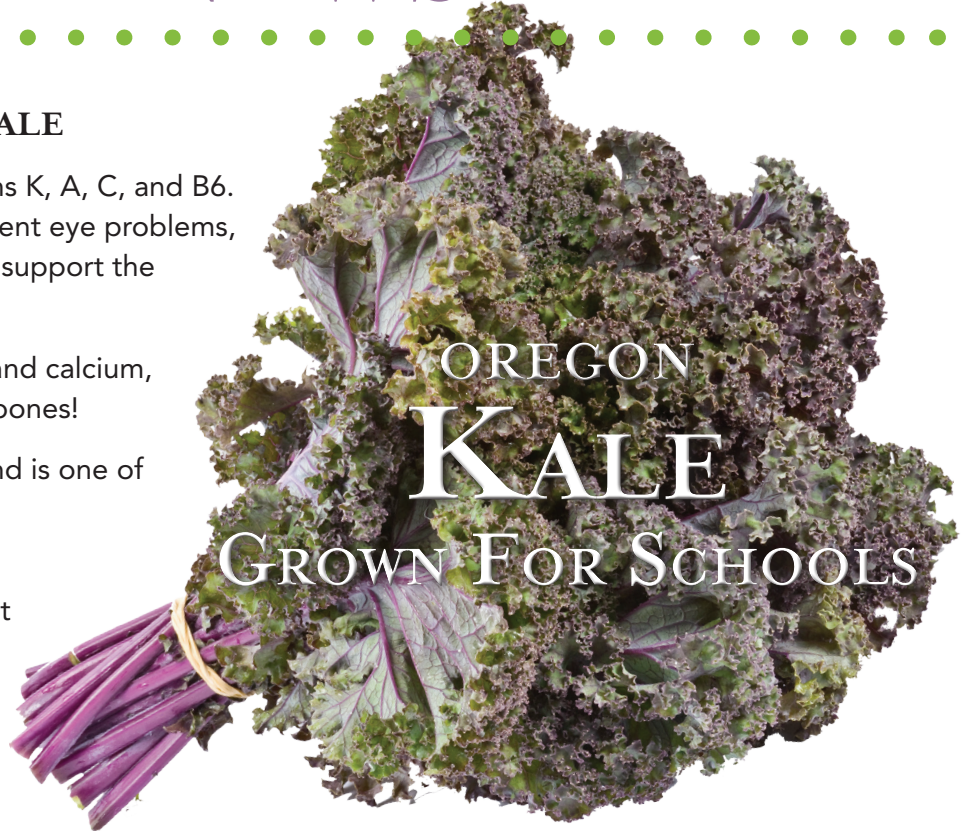


# FAMILY NEWSLETTER

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## NUTRIENTS FOUND IN KALE

- Kale is an excellent source of vitamins K, A, C, and B6. These vitamins help blood clot, prevent eye problems, strengthen the immune system, and support the nervous system.
- Kale is a good source of potassium and calcium, which help muscles and strengthen bones!
- Kale is considered a “super food” and is one of the most nutrient rich vegetables.
- Kale contains many antioxidants and phytonutrients that may help prevent cancer.



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## HEALTHY, FIT & READY TO LEARN

- Think of snacks as opportunities to add more servings of healthy foods to your daily diet! Fruits, vegetables, nuts, and whole grains all make wonderful snacks!

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## GROWN IN OREGON

In Oregon, kale is primarily grown west of the Cascades because it likes cool and moist growing conditions, but one can find kale in all parts of Oregon. Because kale can live through very cold temperatures, it is one of the main locally grown leafy greens sold at markets throughout the winter.

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## JUST FOR KIDS

When making a raw kale salad, often people will rub the kale between their hands to soften it up. This is called “massaging” the kale. This can be a fun way for kids to help out in the kitchen! Make sure your hands are clean before you begin massaging the kale!



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## LIVING AND EATING GREEN

If you choose to pack lunch for your children, make sure to use reusable containers! Additionally, try purchasing snacks in bulk that you can divide into smaller containers to cut down on packaging waste.

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# YOUR OREGON KITCHEN

## QUICK AND EASY

- Add kale to soups and stews.
- Rub kale between your hands to soften it and then add it to a salad.
- Bake kale in the oven to make kale chips. Kale chips are easy to make! Rip kale leaves into chip-sized pieces, toss them with olive oil and a bit of salt, and then bake in the oven at 375o until they are crispy!
- Add kale to burritos or tacos.
- Include kale when making a stir fry!

## PRODUCE POINTERS

- Look for kale leaves that are thick, fleshy, and crisp
- Avoid leaves that have turned yellow or brown.
- Store kale in the refrigerator in a sealed plastic bag.
- Once in the refrigerator, kale can last for several days.
- If the center stems are large, strip the leaves from the stem before eating.

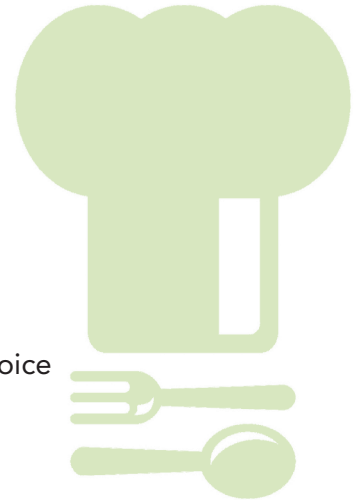
# RECIPE: KALE PESTO PASTA

## INGREDIENTS:

- 4-6 cloves of garlic
- 1/2 C olive oil
- 1 bunch of kale
- juice of 1-2 lemons
- 1/2 C parmesan cheese
- 17 oz dry pasta of your choice

## DIRECTIONS:

1. Wash kale and remove the hard stem from the center of the leaves.
2. Coarsely chop the leaves.
3. Blend kale, garlic, olive oil, lemon juice, and parmesan in a food processor until smooth.
4. Cook pasta according to package directions.
5. Mix the pesto with the pasta and serve!



## RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).