



Harvest of the Month: Kale

Video Transcript

Video Available At:

<https://www.youtube.com/watch?v=wGETpj5Dsvg>

How about nutritious green dinosaur skin for dinner? This month's Montana Harvest of the Month is Kale. There are over 50 varieties, like Lacinato, which is also called dinosaur kale for its likeness to dinosaur skin. Kale has been grown for more than 6,000 years and is in the brassica family along with bok choy, cabbage, and broccoli.

Kale is a fantastic addition to any Montana garden. A hardy vegetable, kale thrives in our climate and even becomes sweeter after a light frost. Plant seeds directly in the garden or a container in the spring five weeks before the last frost.

Buy kale with firm, bright leaves. Baby kale should have small, tender leaves with few stems. "Mature" kale will be 12-16 inches in length. Kale stems can be bitter, remove larger stems or use baby kale. Kale is in the vegetable food group and is packed full of nutrients. One cup of raw kale contains 684% of the recommended daily value of vitamin K, which is an essential nutrient that helps blood clotting. Next time you get a scratch you can thank vitamin K for helping stop the bleeding. Kale is also an excellent source for vitamins A and C, and provides calcium and iron. Calcium is necessary for building strong bones among many important functions in the body.

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mtharvestofthemonth.org

Kale is a versatile veggie that can be used in salads, smoothies, soups, and many other delicious recipes. Massaging the kale makes it more tender and less bitter. Let's make a tasty kale recipe.

Kale is a great way to add a powerful punch of nutrients to your meals! Enjoy it all month long. The Montana Harvest of the Month program showcases a different Montana grown food each month in Montana communities. We hope you will join us in tasting Montana this month!



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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