

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Kale Activity Sheet

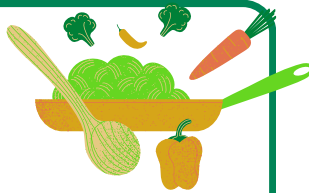
NUTRITION FACTS:

A single cup of raw kale contains 134% of the recommended daily value of Vitamin C! Kale is also an excellent source of Vitamin A, B6, and K and the minerals Potassium & Copper.

RECIPES:

Breakfast:

- [Green Eggs & Ham](#)
- [Kids Kale Smoothie](#)



Lunch/Dinner:

- [Kale Super Soup](#)
- [Crunchy Thai Kale Salad](#)
- [Kale and Strawberry Salad](#)
- Jersey Tastes! Classroom Tasting and Activity [Tahini Kale Chiffonade](#)

Snacks:

- [Kale Chips](#)
 - [Jersey Tastes! Cooking Series](#)

FUN FACT:

According to NPR, "The Best Piece of Trivia You Learned This Week: Pizza Hut Edition," Pizza Hut was among the biggest purchasers of Kale prior to 2012.

LISTEN HERE



ALL ABOUT NEW JERSEY:

Kale is a cool season crop; it grows in the spring and fall in New Jersey:
March - June and
September - December.

HOW DOES IT GROW:

Kale likes to be directly seeded into the ground and it grows into a leafy green, which is the part of the plant we eat. Kale loves the cooler weather and becomes sweeter after a frost! Here are some tips on growing kale.

ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- [Planting Seeds in the Classroom](#)

Lower & Upper Elem:

- [Jersey Tastes! Educational Video Kale Leaf Structure](#)
- [Harvest of the Month Lessons](#)

Middle:

- [How Can We Improve Our Global Food System](#)

High School:

- Business & Marketing - Rise of Kale
 - [The Strange Mystery of Who Made Kale Famous](#)
 - [The Real Story Behind How Kale Became So Famous](#)

MADE IN COLLABORATION WITH:



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