

# Harvest of the Month

Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Western Nevada County will sample **White Russian Kale** this April through Sierra Harvest's Farm to School Program!



Baby kale is a popular item at the farmer's markets and grocery stores. It's a sweet, tender green – for folks that don't love arugula or spinach, baby kale is a great substitute! Great as a salad green, added to smoothies, or lightly sautéed, baby kale is an easy addition to anyone's culinary routine.

## White Russian Kale



The team of farmers at Bluebird Farm

### Baby Kale Salad

#### Ingredients:

- ½ lb baby kale greens
- ¾ cup grated parmesan
- Juice of one lemon
- ¼ cup olive oil
- 1 tablespoon grated lemon peel
- 1 garlic clove, minced
- Salt and pepper, to taste

#### Instructions:

- 1) In a small bowl, whisk together the lemon juice, olive oil, grated lemon peel, minced garlic, and salt and pepper.
- 2) Toss over the baby kale until the leaves are coated in the dressing.
- 3) Sprinkle the grated parmesan over the kale. Toss again to disburse the parmesan.
- 4) Serve with roasted chickpeas or baked chicken breast.

Located in Nevada City, CA, Bluebird Farm specializes in high quality, nutrient dense, greens, culinary herbs and fresh seasonal flowers. They are dedicated to using sustainable growing methods to enhance the health of the land, build rich soil and provide the most delicious and beautiful food and flowers possible. Their talented, hardworking crew of folks bring good energy and love to their work, which transfers from the healthy soil, to their hands to your plate. Bluebird Farm grows delicious greens year-round which can be found on local restaurant, school, and caterer menus. They are also one of the partners in a new veggie CSA offered through First Rain Farm. For more information visit [www.bluebirdfarm.net](http://www.bluebirdfarm.net)



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

[www.GetCalFresh.org](http://www.GetCalFresh.org)



# Kale Fun Facts

- The word Russian in its name means that it's cold hardy.
- In Scotland kale was such an important crop that the word "kail" was used as a synonym for "food," and kitchen gardens were called Kaleyards!
- Kale can become sweeter in taste after a heavy frost.
- Many varieties of kale are grown mainly for ornamental leaves that are brilliant white, red, pink, lavender, blue or violet. Their fun names include peacock kale, coral prince, kamone coral queen, color up kale and chidori kale.
- Kale jokes:
  - What do you call a movie about vegetables? A fairy kale.
  - Why is kale never lonely? Because it comes in bunches.

## Science and Nutrition

- The scientific name for white Russian kale is *Brassica napus pabularia*
- Kale is an excellent source of vitamins A, C, and K. It is also a good source of B vitamins, calcium, copper, fiber, iron, manganese, vitamin E, and is rich in antioxidants.
- One cup provides more Vitamin C than a glass of orange juice, more calcium than a cup of milk, more potassium than a banana and, per calorie, more iron than beef.
- As a member of the Brassica family, kale is a cousin of cabbage, broccoli, and Brussels sprouts.

## History

- Kale originated in the Eastern Mediterranean as early as 2000 BCE.
- Kale was enjoyed for thousands of years throughout Europe where it was the most common green vegetable until the Middle Ages when cabbage became more popular.
- Kale was introduced to North America in the 1700s.
- During World War II, the cultivation of kale was encouraged by the Dig for Victory campaign in the United Kingdom. The vegetable was easy to grow and provided important nutrients missing from a diet because of rationing.
- White Russian kale resulted from a cross between 'Red Russian' and 'Siberian' kales in 1984.

## Did you Know?

There are more than 50 different varieties of kale!

How many have you tried? And which one sounds like the most interesting one to try next?

- Dinosaur kale
- Red Russian kale
- Green curly kale
- Red curly kale
- Cow kale
- Lacinato kale
- Ripbor kale
- Siberian kale

## Using your powers of observation

One photo is of Red Russian kale (a cousin of today's HOM) and one is Dino kale (because it looks like dinosaur skin) Can you guess which is which?



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