KICKIN’ IT WITH KALE
October Farm to School Month

Botanical Name: Brassica oleracea var. sabellica
Plant Family: Brassicaceae
Edible Part: Leaves

KALE VARIETIES

There are over 50 different types of kale. These are some varieties that grow well in Georgia:

- Lacinato “Dinosaur”
- Curly
- Premier
- Redbor
- Siberian
- Red Russian

DID YOU KNOW?

Boiled kale was a popular dish in Ancient Greece and Rome.

There are over 50 varieties of kale and some varieties can grow six to seven feet tall!

National Kale Day is celebrated every year in October!

Kale plants produce naturally occurring chemicals, called phytonutrients, that protect them against predators and diseases. These chemicals may help prevent cancer.

Kale becomes sweeter after the first frost of the season, and can grow through winter in Georgia.

Kale is related to other Brassica vegetables, including cabbage, kohlrabi, and Brussels sprouts.

KALE JOKES

Question: What do you call a movie about vegetables?
Answer: A Fairy Kale.

Question: Why is kale never lonely?
Answer: Because they come in bunches.

Question: Did you hear about the carrot that outran the bunny rabbit?
Answer: He lived to tell the kale.

Question: What does a kale do to celebrate its birthday?
Answer: Throw a kalebration!

Kale thrives in cooler weather. In Georgia, it grows best in early spring and fall.

For more information, visit www.georgiaorganics.org/for-schools/octoberfarmtoschoolmonth
**SUPER KALE SALAD**
Adapted from Super Healthy Kids

**DIRECTIONS**

1. Prep your kale. Wash and remove the stalk and then chop. Place in a bowl and massage it - just reach in, take a big handful, and squeeze. Continue until the kale is darker in color and not as tough.

2. Cut cherry tomatoes in half, chop onion, and slice cucumbers.

3. Add all veggies to a large bowl.

4. Add olive oil, fresh lemon juice, garlic powder, salt, and pepper. Toss salad and taste.

5. Serve!

_Makes 18 servings for a taste test._

**NOTE:** If you’re making ahead of time, wait to dress the salad, otherwise it will become soggy.

**INGREDIENTS**

- 2 tablespoons, olive oil
- ¼ cup, chopped red onion
- 1½ cups, sliced cucumbers
- 1½ cups, cherry tomatoes
- 3 cups, chopped kale
- 1½ tablespoons lemon juice
- ⅛ teaspoon garlic powder
- Salt and pepper as desired

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**KALE LEAF RUBBING ACTIVITY**

**Materials**

- White or colored paper
- Colored pencils
- Crayons
- Pencils
- Kale leaves from your favorite varieties

**Instructions**

1. Collect different leaves for your picture.

2. Put a leaf underneath a piece of paper.

3. Gently rub a crayon or pencil across the top and watch the pattern appear!

4. Use different leaves and colors to create your picture.

5. Show off your kale leaf rubbing!

**SOURCES**

- Massachusetts Farm to School
- American Institute for Cancer Research
- Super Healthy Kids
- Vermont Harvest of the Month
- National Kale Day

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