



*This month Greenwich Schools are celebrating*

# Kale

JANUARY



Local Tray Days: January 7, 18, 29



## Fun To Know

### 1 Superpowers of Kale:

Kale is extremely nutritious. It is full of chlorophyll, fiber, iron, vitamins C, K, and A. It even has cancer-fighting compounds!

### 2 Kale is part of the Cabbage Family:

There are many different kinds of kale: flat-leaf (Lacinato), curly-leaf, and even purple (Red Russian). What kinds are grown at your local farm or store?

## Get your taste buds ready!

This month our cafeteria is featuring local KALE. Food Service staff are getting ready to prepare some delicious samples with this fresh produce.

On **January 7, 18, 29** students will have a chance to sample kale chips. We will be featuring and tasting a different local product each month this year through our Put Local On Your Tray project.

## Tasty Tidbit #1:

Studies show that kids may need to try a new fruit or vegetable 7 times or more before their palates adjust and a preference develops. Keep calm and taste on!



## Bring it HOME

Find a farm near you, pick up some produce, and have some fun! Not sure where to go? Visit [buyctgrown.com](http://buyctgrown.com) to find local products near you.

### RECIPE

#### Kale Chips

Ingredients: Kale • Olive Oil • Salt • Pepper

- 1 Preheat oven to 350° F. Tear leaves into pieces, compost stems.
- 2 Wash kale pieces. Spin dry in a salad spinner, then pat dry with a towel.
- 3 Place dry kale on a baking sheet and pour a small amount of oil over it.
- 4 Gently mix until completely covered with oil. Sprinkle with salt and pepper.
- 5 Bake for 10-15 minutes until just crispy. Watch closely! Remove from the oven before they brown.

### ACTIVITY

#### Kale Chip Flavor-Bonanza!

- 1 Experiment with the kale chip recipe to the left to create some new flavors.
- 2 Would your family like a Latin American mix with cumin and chili powder?
- 3 How about an Asian flair with toasted sesame oil and a few drops of soy sauce?
- 4 Share your favorite recipes with us on our Facebook page:  
[www.facebook.com/putlocalonyourtray](http://www.facebook.com/putlocalonyourtray)

Visit *Put Local On Your Tray* online!

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