



LOCAL KALE IN ARIZONA:

Harvest Months: **November to April**

Farms to get the local produce:

- Agritopia Farm: Gilbert, AZ
- Blue Sky Organics: Litchfield Park, AZ
- Duncan Family Farms: Goodyear, AZ
- Healing Earth Farms (Formerly True Garden): Mesa, AZ
- New Roots (IRC): Tucson, AZ
- Maya's Farm: Phoenix, AZ
- Westover Farm: Tucson, AZ

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KALE HARVEST FACTS!

- Kale contains Vitamins A, C and K, calcium, iron and is a good source of fiber.
- Kale is called a Superfood because it is high in nutrients and low in calories.
- Use kale within 5 days. The longer you store kale, the stronger and more bitter its flavor becomes.
- Popular kale varieties include curly kale (with ruffled leaves), Lacinato kale (also known as dinosaur kale or Tuscan kale, featuring long, dark green leaves), and Red Russian kale (with flat, fringed leaves and purplish-red veins).
- Kale is part of the Brassicaceae family (also called Cruciferae) which includes vegetables like cauliflower, cabbage, and broccoli.
- Kale leaves are naturally tough and fibrous, but massaging them with salt or lemon juice can help soften them for salads.

TASTE

LOCAL KALE RECIPE: Kale and Apple Salad



This refreshing salad starts with a dressing of honey, salt, pepper, lemon juice, vinegar, and oil. Mix it with kale and dried cranberries, then refrigerate overnight. The next day, add diced apples to the marinated mixture and chill at 41°F until serving.



To ensure food safety with **kale** always thoroughly wash under running water before cutting and eating.

QUICK MATH: KALE



**1 pound fresh, raw kale
as purchased (AP) yields**

Raw trimmed with stems	Cooked trimmed with stems
= 17.5, ½ cup servings (credits as ¾ cup dark green)	= 5, ½ cup servings (credits as ½ cup dark green)
Raw trimmed without stems	Cooked trimmed without stems
= 24, ½ cup servings (credits as ¾ cup dark green)	= 5, ½ cup servings (credits as ½ cup dark green)