Gleaning Kale

Farmers Against Hunger

Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Kale, **Protein**: .68 g, **Fat**: .15 g, **Carbohydrates**: 1.4 g, **Fiber**: .6 g, **Sugar**: .36 g, **Calcium**: 24 mg, **Magnesium**: 8 mg, **Potassium**: 79 mg, **Vitamin C**: 19 mg
Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Greek Salad with Kale*
Season: *Summer/Fall*
Ingredients for Salad: 1 large bunch of Kale, 1 pint cherry tomatoes, halved, 1 cucumber, seeded and diced, 1 can chickpeas, drained and rinsed, ¼ red onion, thinly sliced, ¾ Cup kalamata olives, pitted, ¾ Cup crumbled feta cheese. **Ingredients for Vinaigrette:** ½ Cup olive oil, 2 Tbsp. finely chopped parsley, 2 Tbsp. finely chopped mint, 3 Tbsp. freshly squeezed lemon juice, 3 Tbsp. cider vinegar, 3 garlic cloves, minced, 1 ¼ tsp. dried oregano, ½ tsp. sugar, kosher salt and freshly ground black pepper to taste.
Instructions: Toss all salad ingredients together in a bowl. Mix all vinaigrette ingredients together in a separate bowl, and pour over the salad.

Fun Facts:

★ Kale is an amazing source of carotenoids, which are linked to one's levels of optimism.
★ A kale plant continues to produce late into the winter.
★ After a frost, kale becomes sweeter.
★ There is an extremely tall variety of kale called 'Jersey Kale'.
★ Kale has been in cultivation for over 6,000 years.
★ There are over 50 varieties of kale, and there are even 50 different shades of kale, as well!

Source: *NationalKaleDay.org*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
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