



## Meet the Farm to School Fabulous Five

The Farm to School Fabulous Five, or “Fab Five,” are five foods that are important to our health, our community, and our food system: **kale, kohlrabi, legumes, radishes, and squash**. You’ve maybe tried the Fab Five in meals at home or school, or spotted them growing in a garden or on a farm. The Fab Five teach us important lessons about nutrition, history, farming, cooking, science, and more. Each of them nourish our bodies with important nutrients, contribute to local and global food cultures, and play an important role in Minnesota agriculture. For all these reasons and more, Minneapolis Public Schools celebrates and teaches about the Fab Five in our school cafeterias, classrooms, and gardens.

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## KALE

Kale is a dark green, leafy vegetable. It originated in the eastern Mediterranean and Western Asia and it has been cultivated as food for more than 4,000 years. Kale thrives in cool climates, including Minnesota. In fact, unlike other leafy greens, kale can survive frost and even some snow! Kale was introduced to the US in the 1800s and became particularly popular over the last few decades because of its nutritional value. It is incredibly nutritious and can be eaten raw, in salads, or cooked.



### Nutrition Benefits

Kale is an excellent source of vitamins A, C, and K. Vitamin K is important to help blood clot normally and it helps the body heal after injuries. Kale is also a good source of the mineral calcium which is needed for bone health, muscle contractions, and hormone regulation.

### Fun Facts

- Kale can become sweeter in flavor after a frost
- It is closely related to broccoli, cabbage, and cauliflower

### Reading Corner

- *The Tale of Kale: Based on a Real Kid's Real Story* by Lisa Borden
- *Captain Kale and the Superfoods* by Amy Roth

## Varieties

There are many kale varieties with distinct leaf shapes, sizes, colors, and textures.



Curly Green



Lacinato "Dino" Kale



Red Kale

## Meet Local Kale Farmers



**Open Hands Farm**  
Northfield, MN

Did you know that local, Minnesota farmers grow food specifically for Minneapolis Public Schools through our Farm to School Program?

Open Hands Farm grows thousands of pounds of kale for Minneapolis Public Schools, starting in summer through early winter. Most of their kale is served on salad bars.



Open Hands Farm harvesting kale after a snowfall!

## MPS Farm to School Recipe Box

GREEN LAVA KALE SALAD

INGREDIENTS	PREPARATION
4 CUPS KALE, FINELY SLICED	1. COMBINE KALE, LEMON JUICE, OIL, SALT & PEPPER IN A LARGE BOWL.
3 TBSP LEMON JUICE	
6 TBSP VEGETABLE OIL	2. MIX KALE WITH HANDS UNTIL GLOSSY, GREEN, AND SOFT.
1/2 TSP KOSHER SALT	
2 CUPS FRESH APPLES, DICED	3. ADD APPLES TO THE KALE AND STIR IN HONEY.
2 TBSP HONEY	
1/8 TSP BLACK PEPPER	

**CHEF TIP**  
TO KEEP THE APPLES FROM BROWNING AFTER DICING, SQUEEZE HALF A LEMON OVER THE APPLES AND STIR.

Enjoy!

**ALLERGENS**  
(NONE)

**TRUE FOOD TASTE TEST!**

Photos Sources:

Curly kale: <https://armelafarms.com/product/curly-kale-green/>

Lacinato kale: <https://www.seed-bank.ca/product/lacinato-kale-seeds/>

Red kale: <https://www.wholefoodsmarket.com/product/organic-red-kale-b07815994g>

