

# FFVP Newsletter

## Featured winter vegetable: Kale



Winter is now upon us and while our gardens may be frozen over we can still use the bounty of the earth to prepare delicious and nutritious winter menus.

Kale, the featured vegetable for the month of January, is a winter vegetable whose true flavor develops after the first frost. The freezing temperatures actually change some of the plants starch into sugar, making it sweeter!

### **Kale is deemed “The Queen of the Greens”**

So what makes kale such a nutritional powerhouse?

- Kale has a high concentration of antioxidants A, C, and K – and sulfur containing phytonutrients.
- The fiber content of kale binds bile acids and helps lower cholesterol.

**December-February 2012**

### **Inside this issue:**

<i>The HealthierUS School Challenge</i>	2
<i>What's fresh and local?</i>	2
<i>Cruciferous Crossword</i>	3
<i>Nutrition Education Resources</i>	4
<i>Coordinate with Calendar Events</i>	4

Please remember you can serve fresh vegetables that are cooked once-a-week if you include a nutrition education lesson related to the prepared item. See Fresh Fruit and Vegetable Program Handbook for Schools, page 15, for more information.

## **Get Kids To Eat Green with Kale Chips!**

### **Kale Chips**

1 bunch kale

Canola or olive oil

Coarse salt

Preheat oven to 400 degrees F.

Wash kale and dry it in a salad spinner. (Extra moisture will keep them from getting nice and crispy.) Cut or pull out the tough stems, tear the leaves into chip-sized pieces and spread out on a rimmed baking sheet. Drizzle with oil and toss with your hands to coat well; arrange in a single layer and sprinkle with salt.

Roast for about 10 minutes, until crispy and starting to turn brown on the edges, but not too dark. Serve immediately or store in an airtight container. Serves 6.

<http://blogs.babble.com/family-kitchen/2010/07/06/its-easy-eating-green-with-kale-chips/>



## The HealthierUS School Challenge (HUSSC)

HUSSC is a voluntary program for schools participating in NSLP that are committed to providing students with healthy school environments. Schools that have created environments which encourage nutritious food choices and adequate physical activity deserve recognition, and HUSSC is a way for schools to receive that recognition!

- The Oregon Department of Education Child Nutrition Programs wants to help schools meet the challenge. ODE has received a Team Nutrition Grant which is being used to design and implement training courses that will help to increase the number of HUSSC applicants from the state of Oregon. The course will guide sponsors through the application process, and will include 1 in person class and 4 webinars for both the 2011-2012 and 2012-2013 school year. Schools that apply for and earn a HealthierUS School Challenge award receive recognition and monetary awards.

- \$2,000 Gold Award of Distinction
- \$1,500 Gold
- \$1000 Silver
- \$500 Bronze



<http://teammnutrition.usda.gov/HealthierUS/index.html>

## What's Fresh and Local?

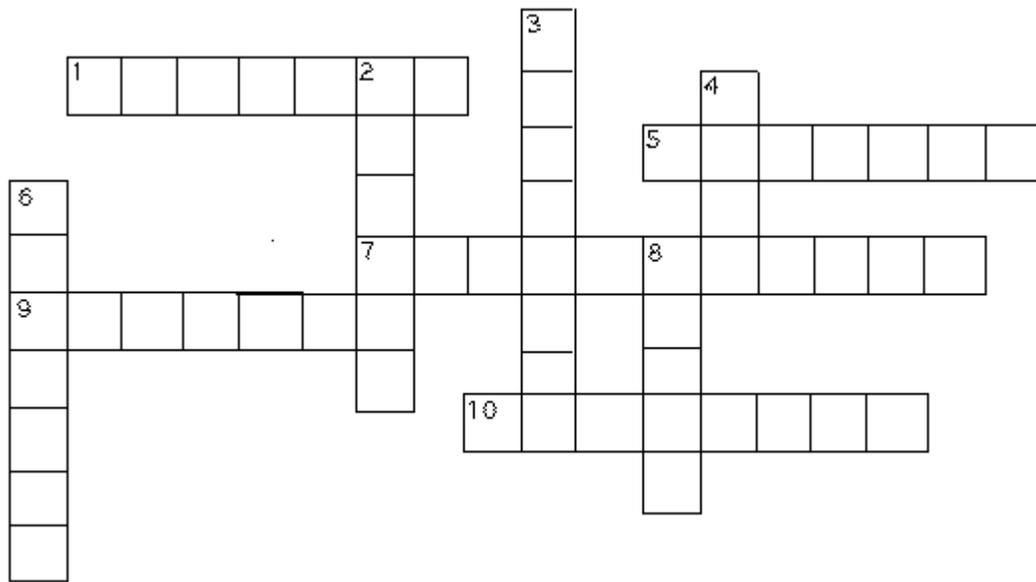
Availability of these seasonal fruits and vegetables will vary depending on the growing season for your region and fluctuations in your weather.

### Seasonal Fruits and Vegetables for December - February

Turnips	Cabbage	Kale
Broccoli	Cranberries	
Brussel Sprouts	Mushrooms	Sweet potatoes
Parsnips	Cauliflower	
Curly Endive	Onions	Garlic



## CRUCIFEROUS CRUSADERS CROSSWORD PUZZLE



### Across

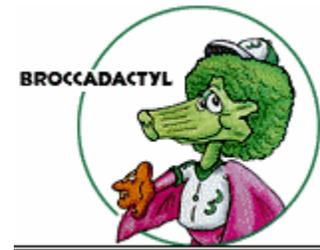
- 1. Popeye gets his strength from \_\_\_\_\_.
- 5. Cabbagesaurus gets his strength from \_\_\_\_\_.
- 7. Join the \_\_\_\_\_ Crusaders by eating at least one leafy green vegetable a day.
- 9. A salad tastes great made from low-calorie \_\_\_\_\_.
- 10. Leafy greens are high in vitamins and \_\_\_\_\_.

### Down

- 2. Eating leafy greens may reduce your risk of \_\_\_\_\_.
- 3. Green flowery vegetable shaped like a tree-\_\_\_\_\_.
- 4. Kale-O-Don gets lots of calcium from \_\_\_\_\_.
- 6. Lettuce is a great low-\_\_\_ vegetable.
- 8. Broccadactyl gets his power source, \_\_\_\_\_, from broccoli.

Use these words to fill in your Cruciferous Crusaders Crossword:

- |               |            |
|---------------|------------|
| • KALE        | • CABBAGE  |
| • CRUCIFEROUS | • FIBER    |
| • BROCCOLI    | • MINERALS |
| • LETTUCE     | • CANCER   |
| • SPINACH     | • CALORIE  |



## Nutrition Education Resources

Get involved in America's More Matter's Pledge: Fruits and Veggies....Today and Every Day at <http://www.fruitsandveggiesmorematters.org/>. To take the pledge go to the website. Below are some examples of different ways to pledge.

One-more-a-day pledge (1810 pledges). I pledge to eat,,, and help my family eat...at least one more fruit and vegetable every day.

Half-my-plate pledge (1409 pledges). I pledge to fill my plate...and my family's plate...with fruits and vegetables at every meal.

My-School Pledge (749 pledges). I pledge to help my school provide more fruit and vegetable options.

### Coordinate with Calendar Events

<p><b>January</b> National Puzzle Day-1/29/2012</p> <p>Diet Resolution Week-01/01/2012-1/07/2012</p>	
<p><b>February</b> National Cherry Month</p> 	<p>Sweet Potato Month</p> 
<p><b>March</b> National Nutrition Month</p> 	<p>Johnny Appleseed Day- 03/11/2012</p> 

OREGON DEPARTMENT OF  
EDUCATION

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Oregon's  
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Health  
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