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Kale

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A Bit About Kale

Historically, kale has been particularly important in colder regions due to its resistance to frost. In nineteenth century Scotland, *kail* was used as a generic term for 'dinner' and all kitchens featured a *kail-pot* for cooking. In fact, in the 18th century, many Scottish homes had a kale-yard.

And get this—kale, broccoli, cauliflower, brussel sprouts, cabbage, kohlrabi and collard greens are all actually the same species of plant! Each vegetable is just a result of thousands of years of human cultivation and selective propagating of the plant *Brassica oleracea*.

Kale is an absolute power house of nutrients. It’s rich in:
- Calcium
- Lutein
- Iron
- Vitamin A, C, and K

The “Icing of the Kale” are all the natural occurring phytochemicals that research suggest may protect against cancer.

Oh, and let’s not forget the all-important antioxidant vitamin E.

Farm News

Greetings from the Farm! The sun is finally shining and our plants (as well the farmers) are soaking it up. While our crops are loving the sun, so are the weeds. The battle has begun. No matter how well you prepare the soil, mulch, etc. your land is bound to get invaded with pesky, nutrient sapping, water hogging, vigorous and determined weeds. Turns out, unfortunately for them, we are just as determined. We farmers have been striking back with something fierce. The most cutting-edge of all farm weaponry, we are bound to win the war on weeds. We give you, the hoe. Turns out a lil’ ol’ fashion hoeing goes a long way. And our crops thank us every day by growing a little bigger and healthier.

This week the farm has had lots of visitors. A bus full of Western SARE (Sustainable Agriculture Research and Education) members toured our farm to learn about our operation. We also had a group of preschoolers from Sound Beginnings help us make compost, plant tomatoes and pick fruit.

The summer is just cruising right along. Thanks for your support!

Your USU Student Farmers,
Bethany, Sara, Crista, Ashley, Brianne, and Blake

General Information

Volunteer Hours
Tuesday 9am-2pm
Wednesday 9am-2pm
Friday 9am-12 pm
Saturday 9am-12 pm
Or by appointment

Reusable Bag Fundraiser
Trendy, ecofriendly, and handy-- who wouldn’t want two of them? Snag one for just $5.
Recipes

Sautéed Kale

INGREDIENTS

- 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

DIRECTIONS

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Baked Kale Chips

These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic.

INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

DIRECTIONS:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Farm Spotlight

Crista Sorenson

Crista was born in American Fork but grew up all over the world where ever her family was stationed in the military. She has three beautiful children: Sky (14), Kathryn (9), and Betty (4). Crista is studying Crop Science with an emphasis in biotechnology and research. When not studying or farming, she loves camping, hiking, swimming, and cooking. After her recent trip to Thailand, she says it's her new home away from home. In her career, Crista plans to help connect science with her passion for sustainability.

Green Smoothie

Do you want another delicious way to get your greens? Try making green smoothies! Just google it and you will see that they are all the rage--and for good reason. Just blend up a few handfuls of your green of choice in your favorite smoothie and voila! The fruit masks the taste and you get all the amazing health benefits of raw fresh greens.