

KALE and APPLE SALAD

Recipe by Rebecca Landman

Kale
A bold and beautiful
fall Brassica

INGREDIENTS

- 1 bunch **kale** (ribs and all), chopped
- 3 crisp, tart **apples**, grated
- 1/2 cup dried cranberries
- 1/2 cup toasted green pumpkin seeds (or toasted slivered almonds)
- 1/4 cup lemon juice
- 1/4 cup olive oil
- Salt and pepper

DIRECTIONS

1. Place kale, grated apple, dried cranberries, and toasted pumpkin seeds (or almonds) in a large bowl.
2. In a small bowl, combine lemon juice, olive oil, salt and pepper
3. Pour over kale/apple mixture
4. Toss well. Let sit for 10 - 20 minutes before serving.

To toast pumpkin seeds: place in a dry skillet over medium heat. Keep the skillet shaking until seeds turn golden brown.

Krazy for Kale!

Kale is one of our favourite greens - we eat it, kalebrate it on October 4th (National Kale Day), and wear t-shirts singing its praises! Considered a super food because of its health promoting phytochemical content, the nutritional benefits of kale are hard to beat. One cup of kale provides you with 134% of your daily vitamin C and 133% of your daily vitamin A intake! These vitamins boost your immune system and fight off disease in your body. Kale rocks!



NOT YOUR GROCERY STORE TURNIPS



Those tennis-ball sized white orbs in your pack are Hakurei turnips. Also known as white turnips, Japanese turnips, or salad turnips. They are a mild tasting turnip that can be eaten raw or cooked, and they don't have to be peeled. On the farm, they get eaten like apples! You can grate them on your salad greens; wrap them in foil and put them on the grill, cooking until soft enough to slice with a knife; or chop them for a stir fry or soup.



Pete Paterson, photo

Kale and Apple Salad

One advantage of running a program like Local Food Club is the relationships we cultivate with local farmers. Our Headwaters farmers are hard working, dedicated, resilient, creative and so much more. This month's recipe comes to us from Rebecca Landman, who runs Landman Gardens and Bakery in Grand Valley. Along with being a farmer and a fabulous cook, Rebecca has facilitated family food classes for Headwaters Food and Farming Alliance. This recipe was a big hit with all the families who attended our October 2016 family food class. Not only is it easy to make, it tastes great! The Empire apples in your bag are from Giffen's Country Market in Glen Huron. The kale in your pack is from Albion Hills Community Farm and is organic. The salad greens were grown just for Local Food Club by farmer Jamie at Am Braigh Farm in Mono. The Hakurei turnips and sweet carrots are from Fiddle Foot Farm in Mulmur. The hearty, multigrain bread in your pack is from Amanda's Country Bakery. It tastes great with a generous dollop of local butter! Complement the kale and apple salad, greens, and bread with your favourite protein to make a hearty fall meal. Bon appetit!

Kalebrate with your Kids in the Kitchen!

Get your children to help with: washing the kale and apples. If old enough, have them chop the kale. Grate apples (leave the skin on for more nutrition). Help measure and stir the salad dressing. Taste test carrots and raw Hakurei turnips! Set the table for dinner.



Nutrition Report Card

A+

Magnesium

Magnesium is an important mineral needed for muscle contraction, and is required for healthy bones and teeth. Kale is a great source of magnesium.

A+

Vitamin K

Kale, salad greens and Hakurei turnip all contain vitamin K. This vitamin helps your blood clot when you cut yourself and helps improve memory.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Giffen's Country Market

giffens.ca

Am Braigh Farm

ambraighfarm.com

Albion Hills Community Farm

albionhillscommunityfarm.org

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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