



November Garden Fresh Vegetables

Kale & Radishes



Radish Nutrition

- Excellent source of vitamin C
- Good source of fiber & complex carbohydrates

Kale Nutrition

- Excellent source of vitamin A, vitamin C, & vitamin K
- Good source of magnesium

In The Garden

November is time for harvesting kale and radishes in the school garden. Students planted kale and radish seeds during the first two weeks of October in raised beds amended with compost and organic fertilizer. Radishes are a fast growing crop ready to eat after just 25 days of growth. Easter Egg and Cherry Bell radishes are some of our favorite varieties because they produce beautifully colored red, purple, pink and white roots, making harvest time even more exciting! When picking Kale, cut only a few leaves at a time from each plant and more leaves will grow extending your harvest time into the winter months. Students will be planting one more round of radish seeds for a quick harvest before possible colder weather comes in December. November in the garden is mainly a time for growth, care, and harvest. Organic fertilizer will be added to our broccoli and cauliflower crops every two weeks while we anticipate that harvest in December!



Garden Lady, Stephanie Baker

Kale Chips

Makes 4 servings in 15-20 minutes

Ingredients:

1 head of fresh kale, stems removed & chopped

2 tablespoons oil

Salt to taste

Directions:

1. Preheat oven to 350 degrees.
2. Wash the kale and pat dry.
3. Remove the stems and cut into 1.5 inch pieces.
4. Toss with olive oil and lay flat on a baking sheet, making sure not to overcrowd.
5. Sprinkle the kale with salt.
6. Place the pan in the oven & bake until the edges are beginning to brown, about 10-15 minutes.

