

HARVEST {Of the Month}



Kale

Fast Facts

- ✓ There are over **50 varieties** of kale grown in the world, some varieties of kale can reach as high as 20 feet tall! Over **5 varieties** of kale are grown in Maryland!
- ✓ Nutrients in kale can affect your mood. **Kale can make you feel happier and more positive**, according to research done by Columbia University. Has any vegetable like kale ever put you in a better mood? Share with us on social media using the **#MDKidsEatLocal!**
- ✓ Kale is a **cool-season vegetable**. This means that kale prefers cooler temperatures unlike warm-season crops that prefer warmer, summer temperatures.



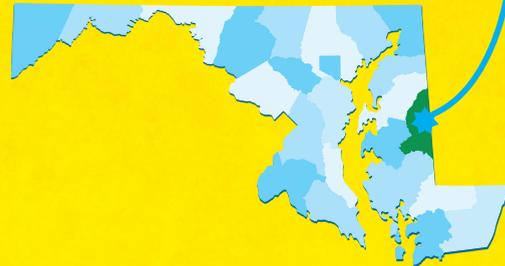
Featured Farm

BARTENFELDER FARMS
CAROLINE COUNTY

Jessie Harding of Bartenfelder Farms grows a large variety of vegetables including kale! You may even see their vegetables in school lunches! You and your family can visit the farm April - December to pick up your very own locally grown produce.

Availability

MAY - DECEMBER



MARYLAND DEPARTMENT OF AGRICULTURE
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