

MALCOLM X NUTRITION EDUCATION PROGRAM

Deep Roots New Shoots

AT MALCOLM X, the garden is a place that students can come and freely graze on plants they are familiar with (and sometimes not!). This experience gives them a sense of empowerment with their food choices. When children have a hand in growing food, their understanding of food and its relationship to their health increases. We have seen this happening live and in full color here in our garden.

Having purposely grown an excess amount of greens this year due to the fact that it's been hard to keep up with the high demands of lots of little hands snapping off the stems and rolling them up with seasonal ingredients, there was to everyone's delight, enough. In fact there was so many greens that each class was able to make the Dino Kale Salad



(see recipe, right). Rows and rows of several varieties of kale, collards (including the perennial tree collard) are available to them anytime they want to make a veggie wrap or what's known as a "weedo." This year the dino kale salad was a hit. As one parent wrote, "I know of at least two other families who had their 1st grader march into the kitchen and make it for the whole family and it was a HUGE hit!"

By Rivka Mason, Garden Instructor

"This recipe should be sent to President Obama and made into a national holiday recipe."

-Malcolm X fourth grader

Dino Kale Salad

Ingredients

- 1 bunch dino kale
- 3 tablespoons olive oil
- 1 medium size clove garlic, crushed
- 1 teaspoon lemon juice
- 2 teaspoons low sodium soy sauce

Preparation

1. De-stem the kale and chop greens thinly.
2. Place in bowl and sprinkle in olive oil.
3. With clean hands, massage the kale well for 1-2 minutes or until it has softened and shrunk in size.
4. Add garlic, lemon juice, and soy sauce.
5. Serve and enjoy!

Makes 4 servings.

Nutrition Information per Serving:

Calories: 112, Carbohydrate: 5g, Protein: 1g,
Total Fat: 10g, Saturated Fat: 1g, Cholesterol:
0mg, Sodium: 102mg, Dietary Fiber: 1g

