



TRY THE DECEMBER HARVEST OF THE MONTH!

Some kale has bumpy leaves that look like dinosaur skin.

Packed with vitamins A, C, and K to help you stay strong and healthy.



People have been growing and eating kale for over 2,000 years.

Loves the cold, a little frost actually makes kale taste sweeter.

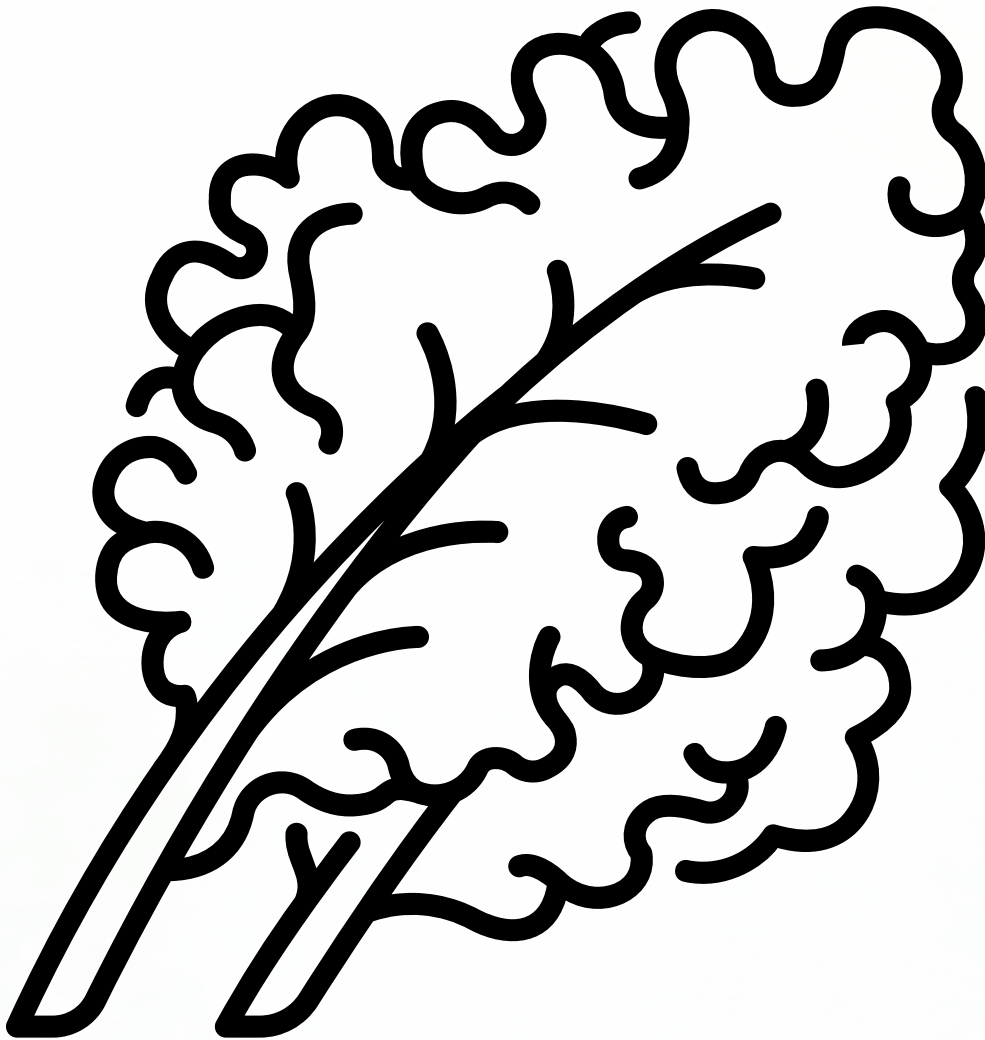
KALE

Coloring Activity



Name: _____

KALE



Baby kale is softer and sweeter, while full-grown kale is extra crunchy.



KALE

Find the way to the kale.



Start here



Name: _____

Name: _____



DECEMBER HARVEST OF THE MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

Z	F	F	L	O	E	S	V	E	C	X	H	S	I	F	C	H	Y	N	Z
G	F	K	X	V	U	B	U	A	I	J	Y	L	P	V	V	P	Y	F	R
C	R	U	N	C	H	Y	L	P	A	L	E	M	H	W	I	M	X	Y	K
J	Y	P	Q	P	X	C	Q	P	E	H	K	K	N	O	T	V	K	H	G
R	U	R	Q	O	I	I	J	J	G	R	A	U	V	F	A	T	M	T	E
J	E	B	Z	U	F	D	D	G	K	L	F	L	K	D	M	S	B	S	H
F	C	B	M	V	X	W	T	Y	E	Y	M	O	T	G	I	E	T	M	A
N	D	E	I	M	S	H	N	S	G	W	E	F	O	Y	N	V	L	N	S
W	C	R	B	F	E	L	A	V	I	N	S	L	B	D	S	R	F	T	E
Z	D	R	V	R	V	J	V	S	E	J	N	O	R	I	Y	A	K	T	Y
J	X	V	Q	T	A	F	M	E	H	L	U	G	J	U	F	H	K	I	B
S	L	I	T	N	E	N	R	U	Z	P	J	O	G	D	C	V	Z	B	R
A	Z	X	L	H	L	G	P	E	M	F	R	F	J	Q	I	E	Z	D	T
R	E	D	N	E	T	M	W	Q	X	D	Z	R	T	A	Q	E	O	V	U
Z	W	N	X	M	F	E	E	K	X	Z	U	R	I	U	Y	Y	L	K	X

- Calcium
- Fiber
- Iron
- Superfood
- Crunchy
- Green
- Kale
- Tender
- Curley
- Harvest
- Leaves
- Vitamins



Name: _____

DECEMBER HARVEST OF THE MONTH WORD SCRAMBLE

Instructions:
Unscramble the Kale Related Words!

Scrambled Word

Unscrambled Word

1. LEKA

2. RTEDNE

3. RCUYEL

4. VAEESL

5. REGEN

6. NCCYRUH

7. EPFUORDSO

8. INSVIMAT

9. AIMLUCC

10. NROI

11. EFIBR

12. HVATRSE

ANSWER KEY

12. Harvest
11. Fiber
10. Iron
9. Calcium
8. Vitamins
7. Superfood

6. Crunchy
5. Green
4. Leaves
3. Curley
2. Tender
1. Kale

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NOVEMBER HARVEST OF THE MONTH FLASHCARDS AND RECIPE

HOM Flashcards

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HOM Recipe

[Click Here for HOM Cookbook](#)