



Baker Family Farms is an exclusively family operated farm located in Norman Park, GA. Baker Farms specializes in collard greens, cabbage chard, kale, spinach, radishes, turnips, and zucchini.

Kale

- Kale is a leafy green vegetable.
- There are over 50 varieties of Kale, and some varieties can grow up to 6 feet tall.
- Kale belongs to the same family as cabbage, Brussel sprouts, and collards.
- Kale has been grown around the world for over 6,000 years!

★ Kale is packed with vitamin C!

Georgia grown Kale served in your café this January!



FULTON COUNTY SCHOOLS

SCHOOL NUTRITION

Tasty Eats

WHERE STUDENTS COME FIRST



[facebook.com/fcsnutrition](https://www.facebook.com/fcsnutrition)

Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!

This institution is an equal opportunity provider.