

Multicultural Kale Lesson and Jollof Rice with Kale Recipe

- Lesson Video: [Learn about Multicultural Kale with PFP](#)
- Jollof Rice with Kale
 - Recipe Videos from PFP
 - English: [Make West African Jollof Rice with Kale](#)
 - Spanish: [Prepara Arroz Jollof de África Occidental](#)
 - [Jollof Rice with Kale Recipe Card \(bilingual\)](#)
 - [Infographic: A Brief History of Jollof Rice](#)
- Kale: More resources
 - [PFP Kale Harvest of the Month Resources](#)
 - [Vermont HOTM Kale Educator Guide Lesson](#)
 - [NY Times: Who Made That Kale?](#)
- Tomatoes: More resources
 - [PFP Tomato Harvest of the Month Resources](#)
 - [Growing Minds Farm to School Tomato Lesson](#)
 - [NRPA Tomato HOTM Lessons Grade K-2](#)
- Lesson Extension: Anansi and the Pot of Beans Story and Lesson Plan
 - [Video Reading of Anansi and the Pot of Beans \(Youtube\)](#)
 - [Lesson Plan \(2nd grade\)](#)
- Lesson Extension: Learn more about kale with our bilingual coloring book!
 - [Coloring book \(click link to download\)](#)