

FROM PATCH TO PLATE

Five Delicious Ways with...



Kale



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick

This edition features Kale - bold, leafy, and packed with deep, earthy flavour.



Kale in a Nutshell

How to Enjoy!

- **Cooked:** Sauté, steam, stir-fry, or bake, kale holds its shape beautifully while cooking, keeping its deep green colour.
 - **Tip:** Remove the tough stems and chop the leaves finely for even cooking and a tender texture.
- **Flavour Pairings:** Kale pairs well with garlic, lemon, olive oil, chilli, parmesan, tahini, or toasted seeds.
 - Balance its earthy flavour with zesty, creamy, or nutty ingredients.
- **Preserved:** Blanch and freeze kale leaves for soups, stir-fries, or smoothies later on.

Nutrition Highlights!

- **Vitamin K** → supports bone and blood health
- **Vitamin C** → boosts immunity and iron absorption
- **Iron** → helps transport oxygen and support energy
- **Fibre** → promotes good gut health and digestion

☀️ Fun Fact ☀️

Kale was once so popular in Europe that during World War II, it was promoted as a “victory crop”

Growing Conditions

- **When to plant (subtropical):** Autumn - Winter
- **Time to sprout:** 3-10 days
- **Plant height:** 35cm
- **Time to harvest:** ~1-2 months

Harvesting tips

- Pick kale by snipping or gently pulling the outer leaves close to the base, leaving the inner crown untouched so the plant keeps producing.
- Harvest when the leaves are firm, deep green, and slightly curled for the best flavour and texture.
- Regular harvesting encourages tender new growth and prolongs the plant's life.

How to Store

- Keep unwashed kale wrapped in a damp cloth or stored in a breathable bag in the fridge crisper.
- Use within 5–7 days for the freshest flavour.
- If the leaves start to wilt, revive them by soaking in cold water for a few minutes before cooking or serving.





Breakfast: Kale, Feta & Millet Breakfast Slice

Prep: 10 mins | Cook: 25 mins | Serves: 2-3 slices

Ingredients

- ½ cup finely chopped kale (stems removed)
- ½ cup cooked millet (or quinoa)
- 2 eggs
- 2 tbsp crumbled feta
- 1 tbsp chopped herbs (parsley or dill)
- Salt & pepper

Directions

1. Preheat oven to 180°C.
2. Mix all ingredients and pour into a small lined loaf tin or baking dish.
3. Bake for 25 minutes or until set and golden on top.
4. Slice and serve warm or cold.

Lunch: Kale & Orange Salad with Roasted Carrot & Seed Crumble

Prep: 10 mins | Cook: 15 mins | Serves: 1

Ingredients

- 1 cup shredded kale
- ½ orange, segmented or sliced
- ½ cup roasted carrots (cooled)
- 1 tbsp sunflower or pumpkin seeds
- Dressing: 1 tsp olive oil + ½ tsp Dijon + ½ tsp honey + lemon juice



Directions

1. Massage kale with a drop of olive oil to soften.
2. Toss with carrots, orange, and seeds.
3. Drizzle with dressing and serve.

Dinner: Creamy White Bean, Kale & Mustard One-Pot Gnocchi

Prep: 10 mins | Cook: 15 mins | Serves: 2

Ingredients

- 1 cup chopped kale
- 1 cup shelf-stable potato gnocchi
- ½ can white beans
- 1 tsp wholegrain mustard
- ½ cup milk (or oat/soy milk)
- 1 garlic clove, minced
- Olive oil, salt & pepper

Directions

1. Sauté garlic in olive oil. Add beans, milk, mustard, and gnocchi.
2. Simmer 5–6 min, then stir in kale and cook until wilted and gnocchi are soft.
3. Season and serve with black pepper and lemon zest.

Green Thumb Farm, Samford Valley QLD 4520.





Snack: Kale, Sweet Potato & Cheese Croquettes

Prep: 15 mins | Cook: 20 mins | Serves: 6-8 croquettes

Ingredients

- ½ cup mashed sweet potato
- ½ cup sautéed finely chopped kale
- ¼ cup grated cheese (tasty or cheddar)
- 1 egg
- ¼ cup breadcrumbs (plus extra for rolling)
- Paprika, salt

Directions

1. Mix all ingredients and chill briefly if soft.
2. Shape into logs or balls, roll in breadcrumbs.
3. Bake or air-fry at 200°C until golden and crisp.

Lunchbox-Friendly: Kale & Brown Rice “Sushi Burrito” Wraps

Prep: 10 mins | Cook: 0 mins | Serves: 1

Ingredients

- 1 wholegrain or nori wrap
- ½ cup cooked brown rice
- ½ cup shredded kale (massaged)
- ¼ avocado, sliced
- ¼ cucumber, matchsticks
- Tamari or tahini-lime dressing

Directions

1. Lay ingredients along the centre of the wrap.
2. Roll tightly like a sushi roll or burrito.
3. Slice in half and pack with dip.





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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,