

Guide to Growing Kale



Profile and Nutrition Facts

Kale is a powerhouse vegetable that has a strong and earthy flavor. Kale can be eaten raw or cooked, and holds its shape under heat, which makes it a great addition to curries and soups. It is full of Vitamin A, Vitamin B6, Vitamin C, Vitamin K, calcium, and potassium.

In general, kale is known for its long, green/purple, curly leaves. There are many varieties of kale including curly, red russian, and lacinato kale.

Planting guide

Kale, a cool weather crop, can be planted in the spring 3-5 weeks before the last frost or in the late summer, 6-8 weeks before the first fall frost. Kale can withstand a gentle frost, and often sweetens in flavor in the cool months. To plant, place seeds ½ inch deep and 1.5-2 feet apart.

How to maintain

Kale should be planted in soil that is moist and well-drained. The area should be sunny or partially sunny. Feed the kale monthly using fish emulsion. The cabbage worm is the most common pest, which often eat near the young leaves. Organic pesticide can be used to prevent them.

How to harvest

Depending on the size of kale desired, it takes approximately 2 months to harvest kale. However, kale can be picked young and consumed raw. Harvest the outside leaves by cutting the leaves near the stalk. If the main stem of the leaves is tough, cut away at stem before cooking.



How to enjoy kale

Kale can be eaten in a variety of ways. It can be enjoyed raw in a salad or smoothie. Many people like it cooked in a soup, pasta, or on top of a pizza. A great way to get kids to eat kale is by making kale chips. Place kale on a baking sheet with oil and seasonings. Bake at 300F for 20 minutes, or until chips are golden brown and crispy.