



KALE

Kale is one of the most cold-hardy crops, and can withstand very low temperatures. It can be grown in both the spring and fall, and is often used in salads, smoothies and as garnish.

VARIETIES

Colonial Gardens recommend the Dwarf Siberian, Thscano and Red Russian. They are easy-to-grow hardy crop with some great flavor! Definitely one to check out.

PLANTING

Since kale is frost tolerant, it can be planted in early to mid-March for spring, or early August in fall.

Plant the seeds 1/4 to 1/2" deep into well-drained, light soil.

After 2-3 weeks, thin the seedlings to be spaced 8-12" apart from each other in a row, rows can be up to 15" apart.

Kale also works well from transplants.

FERTILIZING

When planting Kale, you'll want to use starter fertilizer, and follow up with it every 2-3 weeks.

INSECTS & DISEASES

A common pest of kale are aphids. Aphids are small green insects that feed on plant juices, attacking leaves and stems. They can be spotted on the underside of leaves along with their white shells.

Some other common pests include flea beetles which are notorious for leaving small holes in leaves. Imported cabbage worm and cabbage loopers are common caterpillar pests on kale. Look for holes on the foliage, or stripped leaves. The caterpillars are green and should be removed.

HARVESTING

Kale's flavor significantly increases with a frost.

Harvest kale by snapping a leaf from the main stem by bending downward-when they are 8-10 inches long.

You'll want to be sure to avoid picking the terminal bud which is located at the top center of the plant. Pick about 3-4 leaves per harvest.

It should be refrigerated and stored in a plastic bag and stores for about a week after harvest.

