

HOW TO GROW-KALE

Fun fact- kale has more calcium than milk and more vitamin c than an orange.

19 May, 2020



The basic information- *annual edible*

- *Sowing-March-May*
- *Temperature -cool season*
crop ideal temperature
10-18. Can survive down to
-15 in winter.
- *Sun - full sun as long as it's*
still moist and partial shade.
- *Crop rotation- follows*
legumes for the nitrogen
levels.

KALE TYPES

Two main leaf types are curly or plain, they both have the same growth requirements and hardiness; it's just down to what you prefer to grow. The main point to consider is what type based on size as there's dwarf kale which grows 30-40cm tall and the same spread while tall kale grows up to 60cm tall.

Some varieties to choose from-

Kale 'Nero di Toscana'. This type is shown in the pictures, it's also called dinosaur kale . It's very winter hardy and an easy tall grower.

Kale 'Red Russian' . it has oak like leaves with red venation that becomes more intense throughout the winter months.

Kale dwarf green curled. A standard curly kale variety that doesn't get too tall.



WHERE AND WHEN TO SOW


You can start Kale seeds indoors 4-5 weeks before last frost in cellular trays. This is for plants that you want to grow to maturity for the winter months.

You can direct sow to get mature Kale plants also. Just make the spacing right, allowing 30-40 cm apart from each plant.

If you only want 'cut and come again' baby leaf kale direct sow any time of year and don't thin out, this will give you lots of young leaves to harvest.

You can also cut the plant back to its main stem when 15 cm tall it will then regrow. A good cultivar for this is 'Red Russian'

They like rich fertile soil that is especially high in Nitrogen, which is why planting them in where legumes were previously is a good boost for them, or applying a fertiliser high in Nitrogen.



WINTER GROWING OF KALE.

Damage can be caused by snow laying on the leaves leading to collapse of mature plants, make sure to knock off excess snow and support where necessary.

Protect young cut and come again kale plants that can be sown at any time of year. Put cloche over them or protect the base with straw around it.

AFTER CARE AND HARVESTING

Make sure to keep kale well watered, this will stop bolting and keep it growing happily, especially when there's a change in temperature. Make sure it has enough nutrients, it likes a good amount of nitrogen in the soil.

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