

# Kale

Suggested varieties: *Nero di Toscana*, *Pentland Brig*, *Red Winter*

## Vegetable

### PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant 45cm apart when 10cm tall. Plant so the bottom leaves touch the soil, firming well

### GROW



Water in dry weather. Mulch to conserve moisture. Stake plants and pull soil around stems ('earth-up') for support. Cover with netting to help protect from pests

### EAT



Cut young leaves regularly when about 10cm long; older leaves are bitter when cooked. Snap-off fleshy side-shoots from February

### Growing guide

Give it a go...

### Average time to harvest

From 30 weeks

### Equipment needed

Stakes, twine, netting

### Germination time

7-12 days

### Average plant size

90cm tall, 60cm wide

### Family group to grow with

Brassica: broccoli, rocket

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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