

# KALE



**Suggested Varieties:** Dinosaur, Lacinato, Winterbor, Portuguese sea, Hanover

**Annual:** Grows for only one season

## Planting & Growing

Recommend starting from:



Seed



Seedling



Full sun or partial shade



Regular  
18 gal./week per box



Plant inside  
garden box



Plant 6 inches apart

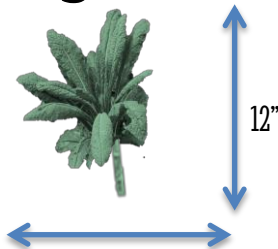
## Harvesting

**Average time in ground:**

25 weeks

**Germination time:**

3-10 days



Average plant size

**Ready to harvest when:**

Leaves are at least 6" long

**Average time to first harvest:**

4 weeks from seedling



**How to harvest:**

Cut outside leaves at the stem

**Common pests and diseases:**



Aphids



Snails



Slugs



Cabbage  
loopers

## Eating & Storing



Steam



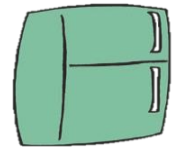
Sauté



Salad



Smoothie



Refrigerate

## Planting & Harvesting Schedule

J	F	M	A	M	J	J	A	S	O	N	D



Sow seeds



Plant seedlings in ground



Harvest months

