



Kale

Planting from Seed

When to start seeds indoors: 8-10 weeks before the spring frost date

Earliest date to transplant hardened off seedlings:

4 weeks before spring frost date

Days of Germination: 4-7 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Containers, raised beds, field grown, hoop house, hydroponic, performs in colder temps and regular watering. Tolerates partial shade.

Spacing: 12" – 18" apart, rows 18" apart

Companion plants: Onions, garlic, cilantro

Harvesting

1 seed = 1 plant = 8 oz. leaves

Days to Harvest: 30 to 220 days

Directions: Harvest individual leaves as soon as desired but not more than 1/3rd of plant. Continue picking as long as leaves are produced. Snap off young leaves at the stem with a downward bend. Do not pick the terminal bud (very top) until last harvest.

Keep moist and cool. Wash and store close to 32'.

Use in the Kitchen

Vegetable subgroup: Dark green

Preparation: Wash, remove leaves from tough stem, chop, massage if serving raw

Menu Planning Ideas: Raw in a salad, sauté, add to soup or stew

Suggested Flavor Enhancers: Lemon, vinegar, olive oil, berries, garlic, mushrooms



The Lifecycle of Farm to School

This institution is an equal opportunity provider.