



Know What You Grow!



Kale

Scientific Name:

Brassica oleracea var. *acephala*

Recommended Varieties:

Dinosaur Kale-dark green and mild flavor, bumpy like dinosaur skin.

Vates Dwarf Blue- Curled-finely curled bluish green leaves.

Winterbor-similar to Dwarf blue but taller.

Salad Savoy- various colors grow in a head shape like lettuce.

Common Pest(s):

Cabbage worms, Aphid, Leafminers, Flea Beetles, Harlequin Bug, IPM link for more.

Master Gardeners Handbook

Photo: Creative Commons

[IPM](#)

Growing Information

Cool Season Plant

Kale, can be used raw as a salad green, as a garnish, as an ornamental in the flower bed, or cooked. Plants produce rosettes of very decorative cut or curled leaves. There are a number of different varieties and colors that range from light green, green, dark green, violet-green, violet-brown to purple, pink and whites.

Ideal Planting Window

Interior Valleys: August-September

Desert Valleys: September-November

Growing Guidance

Slight frosts sweeten kale's flavor, whereas high temperatures and hot sun can lead to bitter leaves. Harvest leaves a few at a time, starting with the outer leaves first.

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Interesting Facts

Kale is a **vegetable** with green or purple leaves. It is also called **borecole**. It is in the group of vegetables called *Brassica oleracea* or wild cabbage.

The leaves are the edible part of the plant. The taste of leaves depends on variety and on weather conditions. Warm weather leads to bitter kale, while cold weather stimulates sugar production and results in tasteful natty-flavored leaves.

Ancient Romans and Greeks cultivated and consumed several varieties of kale.

Kale was primary source of food in Britain during the WWII due to low planting requirements and quick growth.

Kale contains substances that may prevent development of certain types of cancer and retinal diseases.

Ornamental kales are still edible, but they tend to have a bitter flavor. They are mostly used for garnishing cooked dishes or additions to seasonal color areas of a landscape because of their gorgeous color.

Wiki.kidzsearch

SoftSchools

[Allergy Information](#)

Nutritional Information

Nutritional Value

Kale is a nutrition superstar due to the amounts of vitamins A, K, B6 and C, calcium, potassium, copper and manganese it contains. One cup of raw kale has just 33 calories and only 7 grams of carbohydrate.

[Mayo Clinic](#)

Recipe: Baked Kale Chips



Ingredients:

- 16 ounces Lacinato Kale (dinosaur kale)
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

Prepare:

Preheat Oven 300° F.
Wash the leaves well.
Dry them with paper towels. Tear the leaves from the stem and hard ribs.
Toss with oil and seasonings. Place on a baking sheet, making sure the leaves are not overlapping.

Bake for 15-20 minutes until crispy. Enjoy!

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Contact Information



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