



Kale

Brassica oleracea

Nutrition Facts

- 100 grams of kale provides 5 times the recommended daily amount of Vitamin A. Vitamin A is essential to healthy skin and vision.
- Kale is high in vitamins and minerals including potassium, iron and calcium.
- Kale benefits the stomach, liver and immune system.

Planting

Plant 3/20-4/5 or 7/25-8/20
(Guidelines for planting in raised beds)

Seeds: Sow seeds in rows spaced 15-18" apart.

Transplants: Plant transplants 12-15" apart in rows spaced 12-15" apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds germinate. Thin the seedlings so that they are 12-15" apart.

Young seedlings and transplants: Water when top 1 inch of soil dries out.

Mulch plants with cotton burr compost or straw to keep soil moist.

Keep an eye out for cabbage loopers, small green caterpillars that chew through the leaves of kale plants.

In order to control these pests, apply organic Dipel Dust to the plants.

Harvest & Storage

Once leaves reach 4 inches in width, harvest the leaves by cutting them off, starting with the outer part of the plant. Leave the inner stocks so that they may grow more leaves.

Kale is very hardy and can deal well with both warmer and cooler temperatures.

Store kale in the refrigerator for up to a week. Do not wash the kale until right before you are going to eat it.

Recipe

Wash all vegetables before using

Kale Chips

- 1 pound cut kale leaves
- 2 tablespoons olive oil
- 1 pinch salt
- 1 pinch pepper
- 1 gallon-sized ziploc bag

Preheat oven to 415 degrees. Place washed kale leaves into gallon bag. Pour in olive oil. Add pinch of salt. Add pinch of pepper. Close bag and shake until leaves are well-coated with olive oil. Lay leaves in one layer onto a baking sheet. Place in oven and bake for 10 minutes.



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