

Free Workshops

Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:
kccg.org/workshops

Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at
kccg.org/gardening-guidesheets

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at
kccg.org/how-to-videos

Together We Grow

KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.



@KansasCityCommunityGardens



@kcccommunitygardens



www.kccg.org



816.931.3877



contact@kccg.org



6917 Kensington Ave
Kansas City, MO 64132

Volunteer

Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

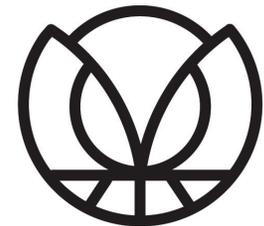
To join the fun, visit
www.kccg.org/volunteer

Growing Great Kale



Photo: KALE

2012



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Scarlett- 55 days -
Broad, frilly, purple leaves on
2' to 3' tall upright stalks.
(open pollinated)

Vates Blue Curled - 56 days.
Standard blue/green curled.
Plants are 14" tall.

Nutritional 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 cot-
ton 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:

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.

Storage:

Store kale in the refrigerator
for up to a week.

Do not wash the kale until
right before you are going to
eat it.