

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



@kccommunitygardens



www.kccg.org



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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 Kale



TUSCAN KALE

COMMUNITY GARDENS 2012



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Nero Di Toscana - 50 days

Dark green 3" wide and 10" long leaves with a blistered surface. Excellent kale for fall production. Cross between cabbage and kale, more cold-hardy than other varieties. Best and sweetest flavor after a frost.

Redbor - 55 days - Similar to Winterbor but purple-red. Flavor, color, and curling are enhanced by cold weather. (hybrid)

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.

Winterbor - 60 days. Plants grow 2-3' tall and have excellent cold hardiness. Large numbers of curled blue-green leaves. Plants regrow vigorously after harvesting. (hybrid)

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:

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.

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.