



Kale

Scientific Name: *Brassica oleracea*

Varieties Earthdance is growing this year:

Redbor (curly)-vibrant deep magenta red foliage. Flavor: mild and sweet Texture: crisp

Red Russian,

Lacinato (dinosaur, toscano)

Days to Maturity: 55-60

Seeding: direct seed as soon as the ground can be worked or you can start in the greenhouse 6 weeks before the last frost.

Spacing: 1" apart in rows 18"-30" apart. Thin to 8"-12" apart

Planting depth: ¼"-½" deep

Optimal Soil temp for germination:

Pests:

Diseases the crop is prone to:

Harvest Method:

Storage Tips:

History/folklore/cooking: Worldwide usage

China, Taiwan, Vietnam- stir fried w/ beef; Portugal and Brazil- caldo verde (potatoes, kale, olive oil, broth, spicy sausage), also accompanie Brazil's national dish, freload; East Africa- ugali stew, S. Eastern Africa- boiled w/ coconut milk and ground peanuts and served w/ rice or boiled cornmeal; Ireland colcannon, Netherlands *boerenkool*. Kale culture in NW Germany w/ Kale tours, Festivals, and Kings/Queens crowned; Denmark and Sweden- served w/ the Christmas Ham, **Scotland**- expression: to be "off one's kail" is to feel too ill to eat. In the United States kale is traditionally served braised in the south as are other greens. Kale has become much more popular in the US recently because of it's extensive health benefits and the growth of raw/vegan/whole food movements.

infamous "kale massage" (<http://thekaleproject.com/>) is now part of daily lexicon with people that are starting to incorporate kale into their cooking. Along with the raw kale salad, "kale-chips" - baked kale pieces with salt/pepper - has made kale into a household name with kids.

Photo:

Seed saving info:

Sources: http://www.seedsofchange.com/garden_center, <http://en.wikipedia.org/wiki/Kale>, <http://thekaleproject.com>, usagardener.com/how_to_grow_vegetables, www.fishweb.com/recreation/gardening/garden/kale/index