

## Kale Information



### Stat Summary

Plant Spacing: 4-6"  
Row Spacing: 18-36"  
Planting Depth: 1/4"  
Plants Per Person: 3

Soil Temperature: 55-75°  
Days to Emergence: 5-17  
Recommended Soil PH:  
Seed Indoors: 8 weeks before transplanting  
Earliest Outdoor Planting: Around Last Frost

- ✓ Can direct seed outdoors
- ✓ Can seed indoors



### Planting Information

Due to an intolerance to heat, start kale indoors or in a greenhouse in March for transplanting in early May. This gives the kale a good foothold before warmer weather hits. Sow the seed 1/4 inch deep in an individual pot of sterile seedling mix with a soil temperate between 55 to 75 degrees F.

Keep the seedlings moist and nourished. Prior to transplanting in the garden, harden off seedlings in a cold frame. When the seedlings 4 to 6 weeks old, transplant them. Direct seed after danger of hard frost passed by sowing seeds 1/2 inch deep and 4 to 6 inches apart in rows spaced 18 to 36 inches.

### Growing Information

After seedlings produce their third true leaf, thin to 1 to 2 feet and apply with a complete fertilizer into the soil around each young plant.

### Harvesting and Storing Information

Harvest outer leaves when they reach 8 to 10 inches long; inner leaves are still producing more foliage. Cool quickly and store at 32 degrees F and 100% humidity.

### Insect and Disease Information

Cabbage worms are small green larva of the cabbage white butterfly. You can use row covers to keep them from eating small plants; hand pick and destroy on older plants. Aphids can be periodically sprayed off with a stream of water. Keeping the soil pH at or above 7.2 will help suppress club-root; if needed, adding lime will raise your soil pH.

### Yield Information

No yield information for Kale.

### OUR VARIETIES

Redbor  
Winterbor