

## KALE

### Dwarf Blue Curled Variety

### PLANTING GUIDE

Fun Facts: Kale is considered a leaf cabbage;  
Kale was one of the most common vegetables in Europe until the end of the Middle Ages

#### HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** Tall plants can create afternoon shade. How can we plant so that both veggie types receive good sun? Divide your plot in half. Plant the tall veggies on the north or east side of your plot if possible. Kale can be **12"** tall.
3. **Row spacing.** Most plots will accommodate 1-2 rows of kale. **Space rows 18-24" apart.** Consider where your rows will be relative to the drip irrigation lines, which should be arranged to provide even watering. Use a trowel to very gently delineate a row in the ground.
4. **Spacing between seed groups.** Space seed groups every **8"**.
5. **Seed depth.** Kale seeds only need to be LIGHTLY covered with **1/4" soil.** **Therefore, do NOT dig a hole.** **Instead, use a trowel to lightly trench the soil, add seed group (4 seeds per group) every 8".** **Lightly sprinkle soil on top.**
6. **Seeds per grouping.** Lightly sprinkle **4 seeds every 8"**. Gently sprinkle soil on top with hands or trowel.
7. **Mark your seed grouping.** Place a craft stick NEXT TO each seed grouping (do not place sticks directly on top of seeds). Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
8. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
9. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

#### MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **5-10 days.**
2. **Thin seedlings** (when  $\frac{1}{2}$ " tall) to **1 every 10"**
3. **Observe your plants regularly.**
4. **Insects.** Look for insects that might munch on the leaves!

#### HARVEST:

- **~ 55 days (Dwarf blue curled KALE)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- "Outer leaves can be harvested as baby greens when 2"-3" tall, any time when full-sized beginning with the oldest, or the whole plant can be cut off at ground level at maturity. For fast regrowth, harvest up to only 1/3 of the plant at a time." – Botanical Interests