

HOW TO GROW KALE AND COLLARDS !

Kale contains higher levels of beta-carotene than any other green vegetable, and is also high in vitamin C and calcium. Collards are not far behind. All are easy to grow, vigorous, nutritious, resistant to cold, and easy to harvest and prepare. And the greens even get sweeter after frost.

Timing

Direct sow March to mid-July for summer to winter harvests. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Starting

Sow 3-4 seeds 5mm (¼") deep in each spot you want a plant to grow. Thin to the strongest plant. Space 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Harvest

Kale and collards can both be grown as a cut and come again crop for salad mixes by direct-seeding and cutting when plants are 5-8cm (2-3") tall. They will re-grow. Or pick leaves from the bottom up on mature plants as you need them. In spring, the surviving plants start to flower, so eat the delicious flowering stems and buds.

Diseases & Pests

Protect from cabbage moths and other insect pests with floating row cover. Prevent disease with a strict 4-year crop rotation, avoiding planting Brassicas in the same spot more than once every four years.

Companion Planting

All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes. Plant collards near tomatoes, which repel the flea beetles that so often look for collard leaves to eat.

Varieties

We Recommend: Lacinato (KL425). This is a summertime favourite. While Lacinato is less cold hardy than many of its cousins, it forms tall, almost architectural rosettes of substantial leaves. Packed with flavour and nutrients, it's a great variety for the beginner kale farmer.

For Urban Gardeners: Dwarf Green Curled (KL423) stays smaller and more compact, and grows perfectly well in containers or raised beds. It's also cold hardy, so well suited to winter harvesting.

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Source:

www.westcoastseeds.com

Links:

Seeds:

<https://mckenzieseeds.com/collections/kale>

<https://www.westcoastseeds.com/collections/kale-seeds>

<https://www.annapolisseeds.com/SearchResults.asp?Search=kale&Submit=>

Other:

<https://www.harrowsmithmag.com/3251/the-food-lovers-garden>

<https://www.harrowsmithmag.com/sponsored/2608/contain-growing-edibles-home>



As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need.

Special thanks to McKenzie Seeds for their great growing information and their long-time support for Plant • Grow • Share A Row