

Cold Season Vegetable: Kale

Kale Websites

- Agricultural Marketing Resource Center
 - <http://www.agmrc.org/agmrc/commodity/forestry/christmastrees/>
- Market Maker
 - <http://nymarketmaker.cornell.edu/search.aspx>
- **Cornell's Beginning Farmer Website!!!**
 - <http://beginningfarmers.cce.cornell.edu/>

Facts about Kale

- The beautiful leaves of the kale plant, provides an earthy flavor and more nutritional value for fewer calories than almost any other food around.
- It is a cold season crop and will grow during the cooler periods of middle of NY fall until after the 2 hard frosts for harvest. Annual Crop
- Kale belongs to the Brassica family – including cabbage, collards, Brussels sprouts, broccoli, lettuce, ect. Spread of 12 -36” and 12 – 24” in height. If started indoors and transplanted, 30-40 days until maturity. Started outdoors – 60-65 days until maturity
- It is easy to grow in colder temperatures and tastes sweeter where there is a light frost. High in Vitamin K, A, & C.
- Insects & Diseases: Downy mildew, black rot. Flea beetles, aphids, and cutworms are the most common issues with these beautiful plants.

Three types of Kale:

Curly Kale – has ruffled leaves, fibrous stalk and a deep green color.
Flavor – is delicious bitter peppery.

Ornamental Kale – (salad savory) leaves will be green, white, or purple and the stalk is coalescing to for a loosely knit head. Flavor – mellow flavor and tender texture.

Dinosaur Kale – Commonly know as Lacinato. It leaves are dark blue-green with an embossed texture. Flavor – slightly sweeter and delicate taste

