

# GROW YOUR OWN

# KALE

## General Information

- Brassica oleracea var. acephala, Kale
- Brassicaceae family
- Sunlight: full sun to part shade. Prefers full sun in spring and fall, but can benefit from light shade during hot weather.
- Soil Conditions: prefers well-drained, fertile soil high in organic matter. Needs plentiful, consistent moisture.



## Successful Cultivars

- Winterbor (60 days) Blue-green curly leaves.
- Lacinato Heirloom (65-80 days) Known as Dinosaur kale, tall, sweet, mild, blue-green leaves. (pictured here)
- Dwarf Blue Curled Vates Heirloom (55 days) Low, short, curly, blue-green leaves.



## Common Pests & Diseases

- Cutworm
- Cabbage looper
- Cabbageworm
- Flea beetle
- Cabbage root maggot
- Harlequin bug (pictured here)
- Clubroot



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