

# Gourmet Vegetables

# Kale



Feed the Family



(Brassica oleracea)



## DESCRIPTION

Kale was one of the most popular and common green

vegetables throughout Europe until the end of the middle ages. It was also popular during World War II, as the plant is easy to grow and provided nutrients and vitamins to those who needed it due to rationing. Kale is a form of cabbage, but the central leaves do not form a head. Kale has an earthy flavor and has a very low fat content. Although Kale is available all year round, it tastes sweeter from the middle of Winter to the beginning of Spring as this is its season. It is an attractive and flavorsome vegetable that comes in many shapes and sizes.

**'Red Russian'** Gray green vegetable with purple veins. The Red Russian has non-curved and feathery leaves on a purple stem. Matures 50 days.

**'Chinese'** Grows to 6.6 feet/2 meters high and 1 m/ 3.3 feet wide. Blue-green oak leaf type Brassica with purple veining. Very ornamental yet edible with thick stems that can withstand heavy snows. High in beta carotene, vitamin K, vitamin C, lutein and zeaxanthin. Kale 'Chinese' is also reasonably rich in calcium and is believed to have potent anti-cancer properties. Plant with corn and potatoes but avoid strawberries and beans.

**Dinosaur.** Also known as Tuscan Kale. Dark blue-green, crinkled leaves. Sweeter flavor than curly Kale.

**Nero Di Toscano.** This eye-catching kale is also known as Black Palm, as it does resemble a palm tree. The very dark green leaves are 2-3 inches wide and 10 inches long, and have a blistered/crumplly appearance. Growing upright and open, this kale is dual purpose. It's great to eat and it is a striking ornamental. 50 days.



## PROPERTIES

Kale is a highly nutritifous vegetable packed with vitamins and minerals. It has antioxidant properties and is also used as an anti-inflammatory. Is it very high in vitamin K, vitamin C, lutein, zeaxanthin, beta carotene and has a very low fat content and also contains

magnesium, iron, protein and fibre. It also contains sulforaphane, which is said to have anti-cancer properties.



## SES Culinary

Kale can be used in a variety of dishes, including salads and mash potato. Kale can be boiled, but can also be sauteed and used in stir-fries. In Japan, it is made into a juice and drank as a dietary supplement due to its high nutritional value. If frozen, Kale will often produce a sweeter taste.



## GROWTH

Kale grows best in cool temperatures and likes full sun with rich, full drained soil. Sow seeds approximately 0.39in/1cm deep and 11.8-17.7in/30-45cm wide. Plants should be well watered as this encourages sweeter leaves. Kale is usually ready for harvesting after around 2 months. Companion plants to Kale include Basil, Dill, Hyssop, Lettuce, Beans, Marigold, Mint, Onion, Radish, Garlic, Rosemary, Thyme, Sage, Tomato. Grapes and Rue should be avoided.



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