

Overview

Kale is a member of the Brassicaceae family, along with broccoli, cauliflower, cabbage and many others. It likes cooler weather and is a perfect fall or spring crop. The leaves can be continually harvested until the temperatures rise and the plant flowers. Kale is one of the most nutritious crops.

Materials

Plastic pot
Bag of soil, including timed release fertilizer
Bag of seeds (Black Magic Kale variety)

Planting Instructions

1. Empty the entire contents of the soil bag into the pot.
2. Outside or over a sink, water the soil until the soil is fully moistened and you see water draining out of the holes.
3. Make three small holes in the soil, using the depth of a pencil eraser. Evenly space the holes near the center of the pot.
4. Place one seed in each hole and cover lightly with soil.
5. Gently water using no more than 1/4 cup, being careful not to wash the seeds away.
6. Place the pot on a plate or similar container to help catch any excess water.
7. Place in a sunny location either inside or outside.

Maintenance

1. Check soil moisture daily, by sticking your finger in the soil about 1 inch deep. Soil must be kept moist during the germination process. If the soil is dry, water 1/2 cup at a time, until moist throughout.
2. When plants reach 2 inches in height, remove all but one plant. This is called thinning and will allow the remaining plant to grow without competition.
3. Continue to check soil moisture daily by sticking your finger halfway through the soil. Soil should feel moist all the way through. Water when soil feels dry to the touch.
4. After 30 days or once you have several leaves taller than your hand, you can begin harvesting the outer leaves of your plant or continue to grow for a few more weeks and harvest all leaves at once. To harvest, you may cut or tear the leaves at the base of the leaf.
5. If you don't plan to eat the harvested kale immediately, wrap in a paper towel, place in a plastic bag, and store in the produce drawer of the refrigerator.
6. Wash leaves just prior to preparing. Kale leaves can be eaten raw, added to a smoothie, or used in a salad.
7. If your kale is growing outside, you may have some caterpillar friends that find your kale super yummy. Watch for leaf damage and look under leaves for green worms. To make sure *you* get a chance to taste your kale, pick them off with your hands and squish them.

Observations

Observe your plant every day when you water. Record your observations every Monday by taking a picture or making a drawing of your plant. Note any changes from the previous week.



Massaged Kale Salad

Ingredients • Serves 4

- 1 bunch kale
- 1/3 cup extra virgin olive oil
- 1/4 cup lemon juice (1 lemon)
- 2 - 3 cloves garlic, minced
- 1/2 cup Parmesan cheese, grated
- 1/4 tsp salt
- Pepper to taste
- Optional toppings: sliced avocado, dried cranberries, diced apples, roasted sunflower or pumpkin seeds

Directions

1. Wash hands and fresh produce.
2. Strip kale leaves off the stem and tear into bite-size pieces. Place in a large bowl.
3. Add remaining ingredients, except Parmesan cheese, and massage with hands for 3 - 5 minutes. The leaves will soften and turn a darker green, and the volume will reduce by about half.
4. Top with Parmesan cheese and toss.
5. Add optional toppings as desired, and serve.



The small intestine is lined with bitter receptors identical to the tongue's taste receptors. When bitter compounds bind to these intestinal receptors, glucose transport is regulated. Including bitter foods, like kale, in your diet can help manage diabetes.



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