

# FACT SHEET

## TUSCAN KALE

Kale is a very popular and healthy leafy green. Grown in the cooler months, Kale is both edible and an attractive plant to grow.

Best time to sow:	Warm zones – Autumn to early Winter, Temperate zones – late Summer to early Autumn, Cool zones – Summer to early Autumn
Best in:	Garden beds, vegie patches and pots
Where to grow:	Full sun to part shade
Harvest time:	7 weeks
Recipe Ideas:	Salads, kale chips, green smoothies



### PLANTING TIPS

- Sow in trays of **Yates® Seed Raising Mix** and transplant seedlings when they are 4 – 6cm tall or sow direct when they are to grow.
- Seed will germinate in 5 to 7 days.
- A good vegetable to grow in partly shaded areas.

### GROWING GUIDELINES

- Enrich the soil with some **Yates® Dynamic Lifter® Organic Plant Food** before planting
- Each week apply **Yates® Thrive® Vegie & Herb Liquid Plant Food** to encourage large tender leaves
- Caterpillars love kale so protect them with organically certified **Yates® Natures Way® Caterpillar Killer** (dipel)

### HARVESTING TIPS

- Harvest individual leaves as you need them and the plant will continue to grow. Regular picking will promote new growth.