



Kale Planting Guide

About Kale

Kale is an annual vegetable belonging to the cabbage family and has a wide range of germination temperatures. It is hardy and thrives in wintertime, surviving temperatures as low as 5 degrees F. This leafy vegetable can become sweeter in taste after a heavy frost.

When to Plant

Kale can be planted at any time, from early spring to early summer. Be mindful, as hot weather can make kale bitter. If planted in the summer, you can harvest it from fall until the ground freezes.

Where to Plant

If planting in cool season, select an area that will get full sun. Choose partial shade if growing in the warmer season. Seeds will sprout best in soil around 70 degrees F.

How to Plant

Plant 1/4-1/2" deep in an area with well-drained, loamy soil. Sow seeds initially 4" apart, later thinning to create more space between plants.

Caring for Kale

After 2 weeks, thin seedlings so they are spaced 8-12" apart. Water the plants regularly, but take care not to over water. Mulch heavily after first freeze. The plants can sometimes produce leaves throughout the winter. Kale is ready to harvest when the leaves are about the size of your hands, usually about 55-75 days from planting. Avoid picking the terminal bud at the top center of the plant, as this will keep the plant productive. Only pick about a fistful of leaves per harvest. Kale grows until it is about 20 degrees F - a touch of frost actually sweetens the flavor.