

KALE

Brassica oleracea

Kale (*Brassica oleracea*) is a member of the Cabbage family and produces an abundance of leafy greens. The great thing about Kale is that it grows vigorously and is much more pest resistant than cabbages.

Kale is packed with nutrients and antioxidants and can be used raw or cooked similar to lettuce or spinach.

Harvest the outer leaves as the plant grows to produce a continuous supply of greens during the cooler seasons.

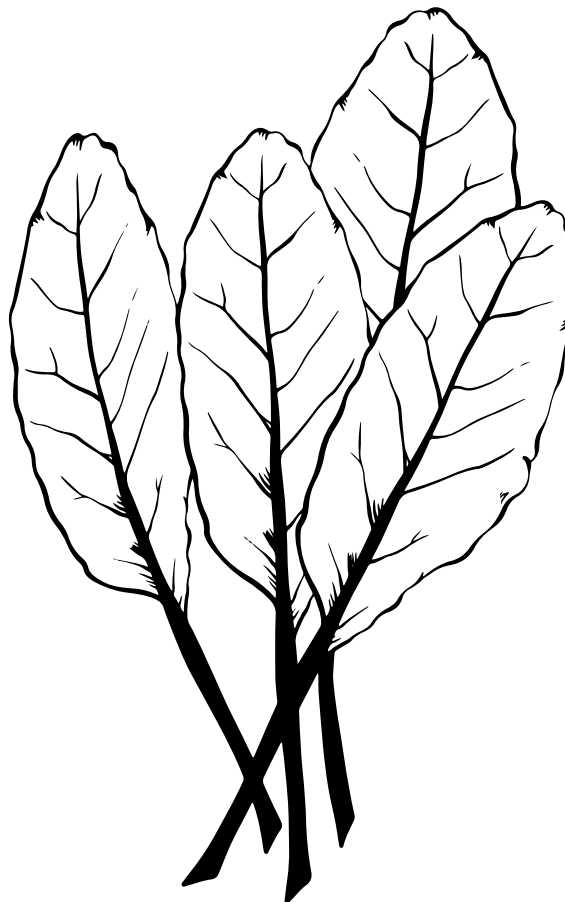


SEED PODS

Young green seed pods are edible. Strong Cabbage Flavour. Stirfry, raw or pickled.

SEEDS

Seeds are edible and are used to make mustard. Popular for micro green and are perfect for salads.



LEAVES

Harvest the outer leaves and allow the plant to continue growing. Eat raw or cooked.

FLOWERS

Kale have edible flowers. They have a mild flavour. Great for salads and to garnish meals. Attract pollinators to the garden.