

Kale

Brassica oleracea var. sabellica · Brassica family

DIFFICULTY Easy
TYPE Biennial, grown as annual, seed or seedling
MATURITY 55–75 days



SUN
Full-part sun



WATER
Consistent



SOIL PH
6.0–7.0



SPACING
40–45cm



DEPTH
1cm

01 Cut-and-come-again

Harvest outer leaves from the base upward rather than cutting the whole plant — kale keeps producing new growth from the centre for months.



02 Planting

METHOD	Direct sow or transplant seedlings.
SOIL	Rich, well-drained, high organic matter.
TIMING	Sow year-round in mild zones; thrives through cooler months.

04 Problems

- **Cabbage moth** — caterpillars shred leaves; net or hand-pick.
- **Aphids** — cluster on new growth; hose off.
- **Bolting** — hot weather triggers flowering; harvest before the heat sets in.
- **Slow growth** — nutrient-poor soil; feed regularly.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Beetroot Herbs	Strawberry Tomato	Rotate brassicas on a 3–4 year cycle.

03 Growing care

- Harvest outer leaves regularly to keep new growth coming.
- Feed lightly every few weeks with liquid compost or seaweed tonic.
- Mulch to retain moisture and suppress weeds.
- Net if cabbage moth pressure is high.

05 Harvest & storage

SIGNS	Leaves reach hand-size, firm and deeply coloured.
METHOD	Snap or cut outer leaves from the base, leaving the crown to keep producing.
CURING	None needed.
STORAGE	Fridge crisper, up to a week.