

Kale

Red Russian Kale

Non-GMO Sprouting/Micro Greens

Red Russian Kale can be grown as sprouts or as a colorful and tender leafy green. Packed full of calcium, *Kale* has a nutty flavor and can be incorporated into stir-fried dishes, fresh salads, smoothies, sandwiches or eaten raw. *Kale* comes from the Brassica oleracea family and is a very hearty plant with pinkish shoots and bright red veins.

Seeding Rate:

Indoor: 3-5 seeds/ per inch
Outdoor: 250 seeds/ per 4 feet

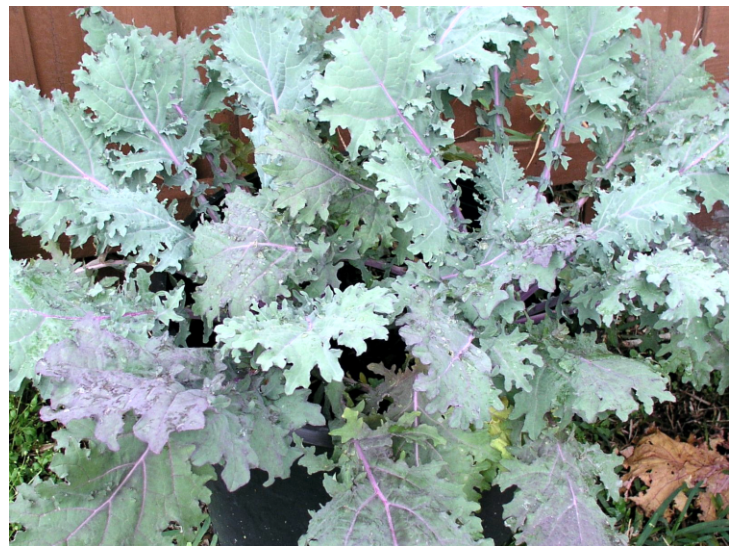
How to Grow Indoors: Soak seeds overnight before planting. If grown indoors, germinate in darkness for at least two days (until germinated). Sow 2-3 seeds per inch in moist potting soil at a depth of 1/4" -- at temperatures 60°F to 70°F in full sun (or under grow lights). Keep the soil moist, but allow it to drain. Fertilize every 7-10 days with liquid fertilizer diluted to 25% strength. Harvest when the seedlings are about 6-8" tall (about 8-12 days).

Outdoors: Start in spring when soil temperature is at least 55°F. Sow 2-3 seeds every 12-18". Sow closer to harvest baby greens. Thin to strongest seedling per space. Harvest the outer leaves first, leaving the center leaves to continue growing. To store, wrap leaves in a damp paper towel, put them in a plastic bag and store in the refrigerator. *Kale* can also be blanched and frozen for long-term storage. Expect *Kale* to harvest well after frost. (Sow in mid-summer for fall crops).

Nutritional Value: Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



| Growth Habit | Germination Rate Days | Days to Maturity | Temperature Range | pH Range | Plant Height | Row Spacing | Light Requirement | Plant Width | Certified Non-GMO |
|--------------|-----------------------|----------------------|-------------------|-------------------|--------------------|---------------|----------------------------------|-------------------|-------------------|
| Bunch | Fast 3-5 days | Plants 50-60 days | Mild 60°-70°F | Medium 6.0-7.5 | w/leaves 12-14" | Plants 24" | Full Sun (after first 2 days) | Sprouts 12-14" | Yes |

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