

## K A L E

### WHEN TO HARVEST

1

Kale is a hearty plant best harvested in the late fall, even after a frost.

2

Kale is ready to harvest when the leaves are about the size of your hand.

3

There are many varieties and colors of Kale so be sure to check the specific species planted in your garden.



### HOW TO HARVEST

1

Kale is easiest to harvest using garden scissors. Cut off the outer leaves near the base.

2

Pick about a fistful of outer leaves per harvest, but no more than one-third of the plant at one time.

3

Avoid harvesting the smaller, innermost leaves. Leave those so the plant can grow again next season.

### STORAGE

Store kale like other leafy greens, in a loose plastic bag in the refrigerator. It should keep for about 1 week.

