

# Kale

## [KL5-750 - Dwarf Blue Curled Scotch Kale](#)

56 days. Brassica oleracea. Open Pollinated. This early variety produces flavorful green leaves. Great in salads, sandwiches, and soups. Also great steamed, boiled, baked, or stir-fried. Great freezing variety too! This variety withstands colder weather better than other varieties. It is one of the best frost-resistant kales on the market. Cold Resistant. An excellent choice for home gardens. An heirloom variety dating back to 1863. United States Department of Agriculture, NSL 80302.



## [KL6-750 - Dwarf Essex Rape](#)

60 days. Brassica napus. Open Pollinated. This early maturing plant produces excellent yields of kale. It is sweet, tender, and crunchy. Great for use in salads and on sandwiches. It is cooked in the same way as broccoli, boiled, steamed, or stir-fried. Dwarf Essex Rape is an excellent forage crop for livestock and wildlife including deer. Excellent choice for home gardens, market growers, and open field production. Heat Tolerant. Drought Tolerant. Cold Tolerant. United States Department of Agriculture, NSL 80306.



**Seeding Rate: 8-10 lbs. per acre**

## [KL11-750 - Lacinato Kale Seeds](#)

62 days. Brassica oleracea. Open Pollinated. Lacinato Kale. This early-maturing plant produces high yields of flavorful blue-green kale leaves. It is sweet and tender. Used fresh in salads, on sandwiches, in soups, or cooked. It is best eaten when leaves are small and tender. The flavor is enhanced by frost! Also known as Dinosaur Kale, Tuscan Kale, Black Cabbage Kale, Black Kale, Black Palm Kale, Cavolo Palmizio Kale, Nero di Toscana Kale, and Tuscan Black Palm Cabbage. Suitable for hydroponics gardening. Cold Tolerant. An excellent choice for home gardens, market growers, and open field production. Grown by Jefferson at Monticello, Virginia, USA. A 1700s heirloom from Tuscany, Italy.



## [KL3-750 - Premier Kale Seeds](#)

55 days. Brassica oleracea. Open Pollinated. Premier Kale. This early variety produces heavy crops of deep green kale leaves. Very flavorful. Used fresh in salads and on sandwiches or cooked. This variety stands 3 to 4 weeks longer than other varieties. Provides higher yields when seeded in the fall for spring harvest. Most gardeners will be able to overwinter plants started in the fall. Spring-started plants will get very large. Extremely high in antioxidants and beta carotene. Also known as Early Hanover Kale. It is a slow bolting variety that is best suited to cooler climates. Great variety for wildlife forage, preferred forage for deer. An excellent choice for home gardens and market growers. United States Department of Agriculture, G 30729.



## [KL2-750 - Red Russian Kale Seeds](#)

50 days. Brassica napus. Open Pollinated. Red Russian Kale. This early variety produces excellent yields of flavorful red and blue-green kale leaves with pretty purple-red veins and stems. Very flavorful and tender. Perfect steamed, boiled, baked, soups, or stirfry. Also a good freezing variety. Highly nutritional with powerful antioxidants. Very winter hardy withstands colder weather, tolerates cold temperatures to -10 F. Cold Tolerant. It will continuously produce greens throughout the season: spring, summer, fall, and winter. Also known as Buda Kale and Ragged Jack Kale. Suitable for hydroponics gardening. An excellent choice for home gardens, market growers, and open field production. A pre-1885 heirloom from Russia. United States Department of Agriculture, AMES 26645.

