

# ALLOTINABOX®

## SEED HELP

### No.1 KALE

This comes top of our list for low maintenance, but quite possibly the most nutritious of our seeds varieties, There are a number of winning types of Kale, we love the dark Cavalo Nero which is used extensively in the Italian Kitchens of the north of Italy.

Sow this in March to enable you to pick it in the summer, but if you miss this window then August will also let you harvest by the time Autumn and Winter arrive. To grow full size and get the benefit of the crop, try starting them off by sowing the guttering, which make for a perfect container to start the seedling off in. Seedlings should appear after 8-10 days. Once established around 6-8 weeks after sowing, transplant the seeds into their final position. Space them in rows 40cms apart. Water then plants in thoroughly or until a puddle forms around the base.

Kale will need a bit of looking after, but they are tough and can withstand temperatures that often fail other crops, look after them but keeping well watered and weeding them and treading round the base of the plant to keep them rooted and sturdy. Remove any Yellow leaves and stake any tall stalks with a cane and some good twine.

Kales is frost hardy so expect to harvest the leaves 3-4 months after sowing, young leaves can be picked from autumn to mid spring, and you can adopt a cut and come again approach, which basically means that you have a good supply of crops, and on occasion add to salads. When flower buds start forming and the stem turns coarse stock picking.

To extend the season, please head to the ALLOTINABOX® shop, we will be carrying some dwarf varieties, which are perfect for harvesting some 14 weeks after sowing and will allow you to have a bumper harvest.

Use kales in any recipe that is suited to Cabbage or Brussel Sprouts, we like using them just tossed in some olive oil and garlic and then finished with chili.

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