



kale .

Sow: April onwards in a nursery bed. Transplant to 18in between plants.

Soil: Dig in plenty of well-rotted matter in the autumn.
Sun: Full sun. Is very hardy and will withstand frosts. Very useful vegetable, especially for the 'hungry gap' in early spring.

Grow: Mulch heavily and feed a couple of times during growing season with comfrey tea.

Harvest: Snap leaves off individually when they have reached reasonable size (around 15in long).

Problems: Net to protect from cabbage white butterflies, whose caterpillars can eat an entire plant. Check underside of leaves for eggs.

For more advice on growing and cooking kale, visit the Stylish Gardening Blog: fennelandfern.co.uk