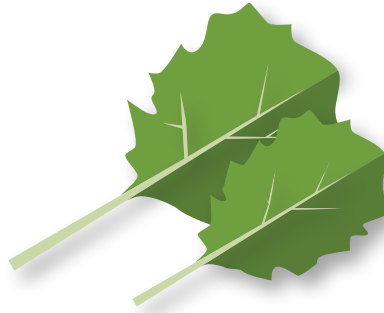


# What can a garden grow?



## kale

Kale or leaf cabbage are certain cultivars of cabbage grown for their edible leaves. Until the end of the Middle Ages, kale was one of the most common green vegetables in Europe.

For more information go to: <https://en.wikipedia.org/wiki/Kale>.

### How to grow Kale?

Set out plants in spring 3 to 5 weeks before the last frost; in late summer, you can begin planting kale 6 to 8 weeks before the first frost for fall and winter harvests, and continue planting throughout the fall in zones 8, 9, and 10. Kale grows best in full sun, but will tolerate partial shade as well. Plants that receive fewer than 6 hours of sun daily will not be as stocky or leafy as those that get ample sun, but they will still be plenty edible! Like collards, kale likes fertile soil to grow fast and produce tender leaves. Enrich the soil with compost and fertilizer before setting out the seedlings. Apply fertilizer and lime according to test recommendations. If you forgo the soil test, work nitrogen-rich amendments such as blood meal, cottonseed meal, or composted manure into the ground before planting.

For more information go to: <https://bonnieplants.com/growing/growing-kale/>.

### How to cook Kale?

Full-sized kale plants are beautiful with big, frilly leaves that can be eaten whole in sandwiches, cut into salads, used as a garnish, or cooked alone or in soups. For exiting ways to cook and prepare kale go to: <http://allrecipes.com/recipes/2442/fruits-and-vegetables/vegetables/greens/kale/>.