



Plant Information

Common Name: Kale
Scientific Name: Brassica oleracea
Plant Type: Biennial

Physical Characteristics

Height/Spread: 0.5-1 meter tall, 0.3-0.5 meters wide
Growth Rate: Fast
Flower Color(s): Yellow
Foliage Color(s): Green, purple
Bloom Time: Spring, Summer

Plant Description

Kale is a nutrient-rich vegetable that thrives in Canadian climates. Its vibrant green or purple leaves add color to the garden and provide a healthy addition to meals. Kale is easy to grow and requires minimal maintenance, making it a popular choice for home gardeners. With its cold tolerance, kale can be harvested well into the fall months, providing a fresh, homegrown source of vitamins and antioxidants. Incorporate kale into your garden for both its ornamental beauty and health benefits.

Optimal Growing Requirements



Sun: Full Sun



Soil: Loamy, well-draining



Water: Moderate Watering



Hardiness Zone(s): Zone 2-9

Maintenance & Care

Maintenance Level: Low
Potential Pests & Diseases: Aphids, cabbage worms, downy mildew

Additional Information

Special Features: Cold-tolerant, high in nutrients
Common Uses: Edible leaves for salads, stir-fries, smoothies

Notes
