

cheat sheet

container gardening with cool-weather kale



plan

- Plant: Russian Kale (sweet, mild taste) Grayish green color: cold weather turns the stems and veins a beautiful purple ... makes them taste even sweeter
- Space & Light: Place your plant in Full sun/partial shade
- Container: Get a large container (30 qt/20-28 liters) with drainage holes at the bottom (depth min 8in/20cm)
- Soil: Choose a nutrient-rich, well-draining mix for container gardening
- Fertilizer: we want good foliage (leaves) so get an organic fish fertilizer or a fertilizer high in nitrogen is what you're looking for
- Watering Can: Get a 3 gal/11 liter for containers

plant

- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



grow

- Water: Before watering, touch the soil to be sure it's not moist. Water regularly when needed: container plants need more frequent watering
- Fertilize: For the first few weeks, apply an organic fertilizer every week, then every 2 weeks



care

- Usually low maintenance
- Pests (slugs/snails in the Spring) (aphids in the Summer) - Get a nontoxic insecticide from your local garden center to help you get rid of unwanted pests
- Preventing Pests- companion planting with herbs can prevent pests from chomping on your veggies
- Ex- Cilantro and marigolds-attract beneficial insects like hoverflies that prey on common pests like aphids)
- Ex-Catnip is a useful companion plant that can aid a variety of vegetables and flowers by repelling pests and attracting beneficial insect predators
- Simply drop a few seeds in the soil with your kale and water gently



harvest

- Approx 40 Days to harvest from plants (total of 50 days from seed)
- Feel free to pick when young
- You can pick from the outer leaves (just enough for tonight's dinner)
- Pro-tip: Pick from the inner leaves of kale and your plant will form new branches

