

Kale

Brassica oleracea var. sabellica · Brassica family

DIFFICULTY Easy

TYPE Biennial, grown as annual, seed or seedling

MATURITY 55–75 days



SUN
Full-part sun



WATER
Consistent



SOIL PH
6.0–7.0



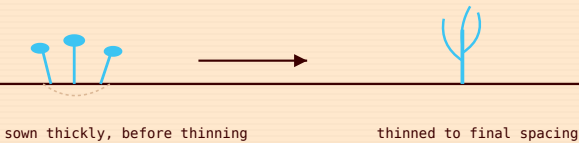
SPACING
40–45cm



DEPTH
1cm

01 Cut-and-come-again

Harvest outer leaves from the base upward rather than cutting the whole plant — kale keeps producing new growth from the centre for months.



02 Planting

METHOD	Direct sow or transplant seedlings.
SOIL	Rich, well-drained, high organic matter.
TIMING	Sow year-round in mild zones; thrives through cooler months.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

04 Problems

- **Cabbage moth** — caterpillars shred leaves; net or hand-pick.
- **Aphids** — cluster on new growth; hose off.
- **Bolting** — hot weather triggers flowering; harvest before the heat sets in.
- **Slow growth** — nutrient-poor soil; feed regularly.

03 Growing care

- Harvest outer leaves regularly to keep new growth coming.
- Feed lightly every few weeks with liquid compost or seaweed tonic.
- Mulch to retain moisture and suppress weeds.
- Net if cabbage moth pressure is high.

05 Harvest & storage

SIGNS	Leaves reach hand-size, firm and deeply coloured.
METHOD	Snap or cut outer leaves from the base, leaving the crown to keep producing.
CURING	None needed.
STORAGE	Fridge crisper, up to a week.
PRESERVING	See Fermenting (sauerkraut and fermented brassicas) or Freezing Produce (blanching and freezing a glut) for ways to keep a harvest surplus.
RECIPES	Try our Kale Chips — a way to use a glut.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Beetroot Herbs	Strawberry Tomato	Rotate brassicas on a 3–4 year cycle.