Kale: Quick Tips




Article

# Kale: Quick Tips

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**Find out why growing kale in the cooler months yields an amazingly sweet flavor.**

- Kale grows lush and tender and fall when the weather is cool or moist.
- Kale doesn't like hot weather.
- Spring planted crops start to get tough and bitter when summer heat arrives.
- When the plants are stressed they become more susceptible to insects like aphids control with insecticidal soap spray.
- Start new kale plant in August (September in the south) to mature in the cooler weather of autumn.
- Cold weather and frost makes kale taste makes amazingly sweet!
- Wait until leaves have thawed to harvest after a frost.
- Fall kale crop continues to produce new leaves for harvesting well into the winter.
- Harvest Kale from the bottom up.
- Break off a few of the larger leaves from each plant by holding the stem near the central stalk and gently snapping downward.
- Be sure not to remove the newly emerging leaves at the top of the plant or damage the top most growing point.
- Eventually your plants may look like miniature palm trees.

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