



Kale Planting & Winter Soup Harvest Guide

Grow strong greens now for cozy meals all season long

1. Best Kale Varieties for Soup

- Lacinato (Dinosaur Kale) – rich and crinkly
- Red Russian – tender with purple veins
- Dwarf Blue Curled – compact and hardy
- Siberian Kale – sweet and winter-tough

2. Sowing & Planting Tips (Zone 9)

- Start indoors: Late August–Mid September
- Transplant or direct sow: Mid September–October
- Depth: $\frac{1}{4}$ ", space 12–18" apart
- Mulch well and water regularly

3. Cold Weather Care

- Frost improves flavor—don't cover unless temps drop below 25°F
- Watch for pests (aphids, loopers) and remove lower leaves as needed
- Feed monthly with compost or organic fertilizer

4. Harvest & Use

- Begin harvesting outer leaves at 6–8" long
- Leave the center to continue growing
- Great for soups, sautés, curries, and freezing

5. Journal Reflection

What am I growing now that will feed me later?

Where in my life can sweetness come through challenge?

