



Growing Kale (Sukuma Wiki) in a kitchen garden

Kale is rich in vitamins C, K and minerals like Calcium and Iron needed for a healthy family. The crop is very easy to grow and takes a short time to mature - just 2 months.

You can grow Kale even in a small space or in sack gardens, so long as there is enough water.



Buy Thousand-headed kale from Royal seed. This variety:

- Gives strong plants with many side branches
- Has lots of leaves to harvest over time
- Matures 60 days from planting



Planting

Obtain good quality seedlings from a KEPHIS certified nurseries



- Dig holes at a spacing of 1 foot and 1 ½ feet apart
- Put 1-2 handfuls of well-rotten manure and bottle cap (5g) per hole of planting fertilizer like Mavuno Vegetable fertilizer N.P.K. 20.10.18 or Mavuno Planting Fertilizer N.P.K. 10.26.10
- Mix well with soil
- Plant a healthy seedling in each hole
- Water well then cover with a light mulch to keep soil moist.

Management

- After 2-3 weeks, weed, then top-dress with a Nitrogen fertilizer like Mavuno Topdressing Booster N.P.K. 26.0.0 or C.A.N.
- Use 10g (tablespoon). You can spray foliar feeds like Easy Gro Vegetative after every harvest for better yields
- Remove any over grown or diseased leaves. This allows plant to grow new leaves. Old leaves are also not as nutritious or palatable as young leaves.
- Scout frequently to detect signs of pest attack early so that it is easy to control.



Harvesting

Depending on the variety, your kale will be ready for harvesting after 2-3 months. At this stage, it will have developed large, fresh and mature leaves.



The lower leaves are picked regularly when ready. Take care not to injure stems. Leaves are harvested twice weekly.

Harvested leaves should be used as soon as possible to prevent withering and loss of quality.