

KALE



- Kale is a vegetable that has been around for a long time but is only now becoming popular again. There are several types of kale, and we offer all of them once again this year: Green curly kale, red curly kale and Cavalo Nero, an Italian variety.
- As with any brassica plant, kale can be susceptible to whitefly in the warmer months, and damage by pigeons in the colder months, so it is advisable to protect them with netting.
- Kale can be prepared in numerous ways, steamed, sautéed, or shredded and added to soups or stews (this is a particularly good use for cavalo nero when added to hearty winter soups).
- Cavalo Nero lasts particularly well into winter and can grow quite tall, so it may benefit from a strong cane to support it against the winter storms which can rock the plant and loosen the roots.