



There are several methods to thresh seeds and remove chaff.

Small harvests can be threshed by rubbing seed pods between your hands or against the inside of a bucket, causing the pods to break open.

For larger harvests, place seed stalks in large tubs or on tarps and tread on them. Discard stalks after seeds are dislodged.

Screen and winnow remaining material to remove chaff. After removing chaff, place in container.

Seed stored in a cool, dry place is viable for 5-6 years.

## CREDITS

<https://www.seedsavers.org/dwarf-blue-curled-organic-kale>

<https://www.seedsavers.org/learn#growing-guides>

<https://sowtrueseeds.com/products/kale-ethiopian>

Kale seeds: <https://laurarittenhouse.wordpress.com/2012/10/11/end-of-the-kale/>

Seed pods: <https://www.grit.com/farm-and-garden/how-do-you-know-when-kale-seeds-are-ready>

Threshing: [http://www.waldeneffect.org/blog/How\\_to\\_harvest\\_kale\\_seeds/](http://www.waldeneffect.org/blog/How_to_harvest_kale_seeds/)



# KALE

**“Dwarf Blue Curled Scotch”**

(*Brassica oleracea*)

**“Ethiopian Kale”**

(*Brassica carinata*)

## RPLMN.ORG/SEED

Plan a seed.

**Backyard Bounty Urban Homesteading Meetup**

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of Olmsted County



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## HOW TO GROW



Seeds may be started indoors 6-8 weeks before last frost.

Transplant outside as soon as the ground is workable, or direct seed into garden or containers spring through mid-August.

Containers should be moved into partial shade on hot days.

## HOW TO HARVEST

Harvest leaves as needed by snapping them off near the main stem.

Kale is very cold hardy and will continue to produce leaves even after temperatures drop below freezing. Leaves taste sweeter after frost.

## HOW TO EAT

Young kale leaves may be eaten whole, but larger leaves have tough ribs so it is best to remove the midrib. Eat kale leaves in a salad, or add to sautéed dishes, soups and stir-fries.

Kale is a nutrient-dense food with more antioxidants than broccoli. An excellent source of Vitamins A, C, K, calcium and minerals, this powerhouse green can also be made into baked chips, or added to smoothies!



## HOW TO SAVE SEED RATING: CHALLENGING

Kale is a biennial and will bloom and set seed during the second season of growth. Seeds planted in late summer or fall are more likely to survive winter. Mulch heavily to aid winter hardiness. Many times, Minnesota winters are too cold for kale plants to survive, even with mulch, so plants can be overwintered inside.

Before the first hard frost, dig up the entire plant and replant into a container of moist sandy soil. Store in a cool, dry location. An unheated attached garage at 35-40°F is ideal.

Replant kale outside in the spring. Staking is recommended.

Kale is insect pollinated. Cross-pollination is possible and will result in seed that won't produce the same type of fruit as the parent plant. It is recommended that only one variety of *Brassica oleracea* be allowed to go to seed at a time.

Let seeds dry on the plants and gather seed from as many plants as possible.

Harvest seed pods when they turn grey or beige, collecting closed pods to avoid scattering seeds. Fully dried seeds are hard, and will not dent with a thumb nail.

