»How To Grow Kale«

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Being a leafy vegetable of high nutrients mainly rich in vitamins, kale growing and its production is determined by the level of technology used.
Kale are hard leafy vegetables rich in minerals, vitamins and antioxidants which require a good environment to grow. It is a hard brassica and central leaves don’t form flower like structure and once it is established, leaves are harvested time and again.

Kale management

First, plant kale once in a year and when planting, plant nursery and then transfer to main garden of well drained, fertile soils with neutral pH. Put soil mixture in germination trays, water it and leave for 2 hours.
Similarly, make holes of 0.5 inches in soils and place seeds in them while maintaining a temperature of 27 degrees centigrade to sprout in 17 days. A week after sprouting, reduce temperatures once the true leaves begin to appear and then transfer vigorous seedlings to another pot before taking to main field after 2 months.
Harden off seedlings while preparing the main field and after, plant and water seedlings before and after transplanting and mulching. Apply fertilizers once in every month and finally harvest 8 weeks after transplanting starting with lower leaves.