

GROWING GOOD HEALTH



Lacinato Kale



Lacinato is a variety of kale that is known for being a tender and very vigorous plant. One of the surprising characteristics of kale is that with every frost it gets a bit sweeter in taste. This variety of kale is great for raw salads because of its tenderness.

Growing Tips:

Light Requirements: Full sun.

Soil Requirements: Nutrient rich and well-draining soil.

Water Requirements: Keep the soil moist and consider mulching to prevent evaporation.

Harvesting: Pick the outer leaves as needed, once they are 6-8 inches long. Consider harvesting after the first frost for a sweeter flavor.

Storage: Store in the refrigerator in a sealed bag for 5-7 days.

Nutritional Information:

Calories: 33

Total Fat: 0.5 g

Saturated Fat: 0.1 g

Trans Fat:

Cholesterol: 0 mg

Sodium: 29 mg

Total Carbohydrate: 6.7 g

Dietary Fiber: 1.3

Sugar:

Protein: 2.2 g

Vitamin A: 10302 IU

Vitamin C: 80 mg

Calcium: 90 mg

Iron: 1.1 mg

