

# Toscana Kale



**Looks beautiful planted with pansies, parsley, snapdragons, and dusty miller in the winter garden. People across the country are discovering the huge health benefits of eating kale. It was one of the earliest cultivated brassicas and is very closely related to collards. The succulent, mild flavor of kale is a wonderful addition to salads and stir-fries.**



## ***Brassica oleracea 'Toscana'***

- **Use:** This eye-catching kale is also known as Black Palm, as it does resemble a palm tree. The very dark green leaves are 2-3 inches wide and 10 inches long, and have a blistered/crumply appearance. Growing upright and open, this kale is dual purpose. It's great to eat and it is a striking ornamental. A cross between cabbage and kale, it is extremely winter hardy, becoming very sweet and full of flavor after a freeze. Popular in Tuscany and central Italy where it is used in soups and stews.
- **Exposure/Soil:** Plant in full sun. Prefers moist, rich soils with good drainage.
- **Growth:** Grows 18-24" tall and 12-14" wide.
- **Hardiness:** Zone 4-8; Annual; Lasts all winter and spring.
- **Foliage:** Evergreen in our mild winters. The very dark green leaves are 2-3 inches wide and 10 inches long, and have a blistered/crumply appearance.
- **Flower:** Tall stalks of sulfur yellow flowers in spring.