

Dinosaur or Lacinato Kale



Dinosaur kale is easy to grow, and like other kale varieties, it is considered a nutritional powerhouse. We think we should treat it like a garden staple – dino kale for every garden!

Brassica oleracea var. palmifolia

- **Use:** Known as Dinosaur or Black Tuscan Kale, Lacinato is an old Italian heirloom that produces large, highly savoyed blue-green leaves 3” wide and 10-18” long. Flavor is best after a frost or two. Pick early for tender leaves. Lacinato’s dark blueish-green color is gorgeous when paired with flowers, and this veggie can serve as an elegant backdrop in a flower bed. They are particularly beautiful in an autumn garden, planted among colorful ornamental varieties of kale and chrysanthemums.
- **Exposure/Soil:** Plant in full sun. Prefers moist, rich soils with good drainage.
- **Growth:** Plants have an upright habit, usually growing two or up to three feet tall. Their leaves can grow to be one to two feet long, and two to four inches wide. When leaves are harvested from the bottom of these plants, they take on a palm tree-like appearance as they grow, which account for another of its common names, “palm kale.”
- **Hardiness:** Zone 4-8; Annual; Lasts all winter and spring.
- **Foliage:** It has long, strap-shaped foliage that is dark blue-green in color, and it is frequently called “dinosaur kale” because of the bumpy, savoyed texture of its leaves, reminiscent of reptile skin.
- **Flower:** Tall stalks of sulfur yellow flowers in spring.

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