

Winterbor Kale



Brassica oleracea 'Winterbor'

- **Use:** Kale is a delicious and nutritious addition to soups, and is fabulous steamed until just tender, then drizzled with sherry vinegar or tossed lightly with walnut oil. The long leaves of 'Winterbor' are very ornamental, too, so you can use them for garnishes or add to bouquets. Plants are tall, with excellent yield and good cold hardiness. They are particularly beautiful in an autumn or winter garden, planted among colorful ornamental varieties of kale, viola, and chrysanthemums.
- **Exposure/Soil:** Plant in full sun. Prefers moist, rich soils with good drainage. If rain is scarce, water your vegetable plants deeply and regularly (weekly, or more often in hot, dry weather). Mulch plants to keep the soil cool, weed free, and evenly moist.
- **Growth:** Very vigorous, it can grow up to 2 feet, developing an abundance of ruffled leaves.
- **Hardiness:** Zone 4-8; Annual; Lasts all winter and spring, but not summer hardy. Can reseed.
- **Foliage:** The ruffled, blue-green leaves have an attractive curl. Vigorous plants will continue growing to produce leaves for successive harvests as the lower leaves are harvested.
- **Flower:** Tall stalks of sulfur yellow flowers in spring. Cut Kale's young outer leaves for salads when they are 4-6" long. When the leaves are larger, remove the center rib and cook like Spinach, or add to soups. Dry leaves can also be torn into pieces, tossed lightly with olive oil, and baked in an oven at 350°F until crispy (then sprinkle with salt to taste).



One of the most winter-hardy kales, Winterbor has finely curled, thick, blue-green leaves and are delicious baked as chips or in a Tuscan Kale Soup!



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