When to Plant Kale

Spring and fall planting by region



Region	Spring Planting	Fall Planting
North (Zones 3 to 5)	Late March to April	Early to mid July
Midwest and Mid-Atlantic (Zones 5 to 6)	March to early April	Mid to late July
Pacific Northwest (Zones 7 to 8)	February to March	August
South (Zones 8 to 10)	January to February	September to October

Kale Growing Tips

- Sow 1/4 to 1/2 inch deep; thin to 12 to 18 inches apart
- Start picking when plants have 8 to 10 leaves
- Pick the lower leaves first; never cut the top
- A frost or two makes the leaves sweeter