



There are several methods to thresh seeds and remove chaff.

Small harvests can be threshed by rubbing seed pods between your hands or against the inside of a bucket, causing the pods to break open.

For larger harvests, place seed stalks in large tubs or on tarps and tread on them. Discard stalks after seeds are dislodged.

Screen and winnow remaining material to remove chaff. After removing chaff, place in container.

Seed stored in a cool, dry place is viable for 5-6 years.

**Find more information at  
[rplmn.org/seed](http://rplmn.org/seed)**

## CREDITS

<https://www.seedsavers.org/halbhoher-gruner-krauser-kale>

<https://www.seedsavers.org/smooth-german-organic-kale>

<https://www.seedsavers.org/learn#growing-guides>

Kale seeds: <https://laurarittenhouse.wordpress.com/2012/10/11/end-of-the-kale/>

Seed pods: <https://www.grit.com/farm-and-garden/how-do-you-know-when-kale-seeds-are-ready>

Threshing: [http://www.waldeneffect.org/blog/How\\_to\\_harvest\\_kale\\_seeds/](http://www.waldeneffect.org/blog/How_to_harvest_kale_seeds/)

**Thank you to all volunteers and  
community partners for your  
support!**



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**Plan a seed.**



**KALE**  
*(Brassica napus)*

**CHINESE  
BROCCOLI**  
*(Brassica oleracea)*



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## HOW TO GROW



Start Indoors: 6-8 weeks before last frost



Germination: 3-10 Days



Plant Outdoors: 24" Apart



Light: Full Sun

Seeds may be started indoors 6-8 weeks before last frost.

Transplant outside as soon as the ground is workable, or direct seed into garden or containers spring through mid-August.

Containers should be moved into partial shade on hot days.

## HOW TO HARVEST

Harvest kale leaves as needed by snapping them off near the main stem. Harvest Chinese broccoli stems when 8-10 inches tall.

These vegetables are very cold hardy and can be harvested after temperatures drop below freezing; flavor becomes sweeter after frost.

## HOW TO EAT

Young kale leaves may be eaten whole, but larger leaves have tough ribs so it is best to remove the midrib. Chinese broccoli should be prepared by removing any tough skin on the stem and then blanching to tenderize the stems and leaves. Eat kale and Chinese broccoli in a salad, or add to sautéed dishes, soups and stir-fries.

These vegetables are nutrient-dense foods loaded with antioxidants. An excellent source of Vitamins A, C, K, calcium and minerals, these powerhouse greens can also be made into baked chips, or added to smoothies!

## HOW TO SAVE SEED

Kale and Chinese broccoli are very different for seed saving since some varieties are annual and others are biennial.



## ANNUALS

### RATING: EASY

Annual varieties in this group will send up a flower stalk, bloom, and produce seeds in one season. Only allow one variety of a species to go to flower at the same time to avoid cross-pollination.

## BIENNIALS

### RATING: CHALLENGING

Biennials bloom and set seed during the second season of growth. Seeds planted in late summer or fall are more likely to survive winter. Mulch heavily to aid winter hardiness. Minnesota winters may be too cold for kale plants to survive even with mulch, so plants can be overwintered inside.



Before the first hard frost, dig up the entire plant and replant into a container of moist sandy soil. Store in a cool, dry location. An unheated attached garage at 35-40°F is ideal.

Replant kale outside in the spring. Staking is recommended.

Kale is insect pollinated. Cross-pollination is possible and will result in seed that won't produce the same type of fruit as the parent plant. It is recommended that only one variety of *Brassica oleracea* and *Brassica napus* be allowed to go to seed at a time.

Let seeds dry on the plants and gather seed from as many plants as possible.

Harvest seed pods when they turn grey or beige, collecting closed pods to avoid scattering seeds. Fully dried seeds are hard, and will not dent with a thumb nail.