Kale Varieties

The following varieties are recommended for growing in the Spring, Fall, and Winter in Georgia.

Lacinato Kale

Also known as "dinosaur kale" and "Tuscan kale", Lacinato kale is good for raw kale salads, pesto, and soups. The savoyed leaves are a dark bluish-green, resembling dinosaur skin, hence the name!

Red Russian Kale

Red Russian kale is a tender, less bitter variety, with purple stems and flat, toothed leaves. The baby leaves are great for salad mixes. At full size, it is great for steaming and sautéing.

Scarlet Kale

Scarlet kale is a curly variety with vibrant, purple leaves that get even more vibrant in cooler temperatures. Curly varieties of kale are great for making chips!

Siberian Kale

Siberian kale is a tall, vigorous variety, with tender, blue-green, curly leaves. It is more tender than other curly varieties, which makes it ideal for kale chips! This variety is also good for salads, steaming, or sautéing.

Dazzling Blue Kale

This variety is harder than the traditional Lacinato. Dazzling Blue Kale is named for its purple midribs and vibrant leaves that vary in color. It is delicious in raw, kale salads.

Vates Kale

Vates is a dwarf, curly variety. Its baby leaves are good for salad mixes.

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