PLANT FACT SHEET

Brassica oleracea var. palmifolia DC.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Jersey kale, Lacinato kale, Palm-tree kale

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves can be eaten raw but are often blanched or used in soups.

DESCRIPTION

A cabbage family herb. It grows 60-90 cm tall. The leaves are dark blue-green. The leaves are bumpy.

HABITAT

It is a temperate plant.

NOTES

There are about 30 Brassica species and many cultivated varieties.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/184775db-b78e-4c3a-80ac-735d5a3a0573