



PLANT FACT SHEET

Brassica oleracea var. acephala L.; (DC) Schubler & Martens

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Kale, Collards

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers

The leaves are eaten boiled. They can also be steamed and used in soups and stews. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

The unopened flower buds are used like broccoli.

DESCRIPTION

A cabbage plant. The leaves are ruffled or crinkled but some are more smooth than normal kales. The leaf shape and colour varies considerably. The flowers are yellow or white.

HABITAT

It is a warm temperate to subtropical plant. The leaves grow best in cool weather. It suits hardiness zones 8-11.

NOTES

There are about 30 *Brassica* species and many cultivated varieties.

PICTURES



Credit: Food Plants International (Bruce French)



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