

LS SUGGESTS

## Kale- a taste of garden fresh green

'Kale' is not widely known in our country. It is a member of the cabbage family. My growing experience of kale over two years suggests that it can be grown in our weather conditions quite successfully.

The leafy green is considered to be rich in vitamins, nutrients and contains high dietary fibres. I grew them from seeds given by a family friend. The seeds are slightly larger than those of mustard. During high heat or soggy rain, a sheltered location would give the plant a prolonged life to pluck leaves continuously.

Six medium sized growing pots can offer greens for a family of

3 to 4 people quite abundantly. When planted on the ground in a loamy soil with moderate to plenty sunshine, it can lead to growth of profuse leaves of larger size than those grown in pots. Both plain leaf and curly variety of kale are popular. My personal preference is the plain leaf variety which tastes better. The flavour is good if cooked on high to medium heat and served immediately. The curly leaf variety remains somewhat rough in texture after cooking, therefore could be disliked by many.

By Ranjana Haque

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