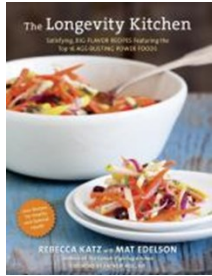


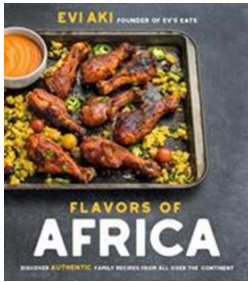
Learn More

Ethiopian kale is a leafy green plant that is actually a type of mustard. It's nutritious and tasty, with a milder flavor than kale. The tender leaves can be eaten raw in a salad or added to any dish that calls for kale, mustard greens, or collard greens. You might try using traditional Ethiopian spices such as Berbere (a blend of spices), cardamom and turmeric.

Satisfying, Big-flavor Recipes Featuring the Top 16 Age-busting Power-Foods



Flavors of Africa: Discover Authentic Family Recipes from All Over the Continent



We Love Kale: Fresh and Healthy Inspiring Recipes



Seed Kit: Ethiopian Kale (*Brassica carinata*)



The attractive, dark green leaves are gently savoyed with a scalloped margin and have a rich, savory flavor. Good in salads or as a cooked green.

Image from Kitizawa Seed Co.

Craft: Botanical Impression Magnets

Supplies:

- Polymer clay in terra cotta
- Rolling pin
- Acrylic paint
- Fern or any fresh leaf
- Strong Magnets
- Clay-friendly glue (E6000)

1. Take a 1-inch piece of clay and knead until it softens and rolls into a ball. With a small rolling pin, roll out the clay into an oval shape, about 1/4" thick.
2. Place your leaf over the clay oval. With your rolling pin, carefully press the leaf into the clay. Be careful not to flatten the clay too much.
3. Carefully lift the leaf from the clay. Bake the clay according to package directions. Let cool and harden.
4. Paint the impression with acrylic paint and let dry.
5. Glue the magnet to the back of the clay and let set for 24 hours.
6. Find a place to display your work!



Seed Package Instructions:

Culture: Direct sow late summer to early fall. For continuous harvest, sow every 2 weeks until 2-3 weeks before first frost.

Place seeds about 1/4" deep with a spacing of about 3-5 seeds per inch in rows about 2-4 inches apart.

Water: Keep soil moist, but not saturated, until seedlings emerge. Thereafter, provide even moisture on a regular basis to prevent complete drying of soil. Provide additional moisture on days of extreme heat.

Harvest: Ethiopian kale, also known as Amara mustard, can be harvested at 20-25 days for baby leaves or at 50-60 days for a more mature leaf. Pull entire plant or trim leaves with clippers to allow for cut-and-come-again harvest.

Culinary Tips: Use baby leaves in salads as you would lettuce. Cook mature leaves as you would mustard or other greens. Serve with a dash of vinegar and plenty of butter!

Companion Planting: Grows well with chamomile, dill, mint, rosemary, and sage. Avoid growing close to eggplants, peppers, potatoes, or tomatoes.

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Grab & Grow
Seed Kits



