White Russian Kale

Brassica napus var. pabularia 'White Russian'



White Russian Kale
Photo courtesy of NetPS Plant Finder

Height: 24 inches

Spread: 12 inches

Spacing: 18 inches

Sunlight:

Hardiness Zone: (annual)

Other Names: B. oleracea var. fimbriata

Description:

This moisture resistant variety produces large grey green leaves with white veining; cool weather and frost improves flavor; baby leaves are tender and great in salads, whereas, mature leaves are best in soups, stews and other side dishes

Edible Qualities

White Russian Kale is an annual vegetable plant that is typically grown for its edible qualities. The deeply cut lobed grayish green leaves with distinctive white veins are typically harvested when mature. The leaves have a pleasant taste.

The leaves are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking

Planting & Growing

White Russian Kale will grow to be about 24 inches tall at maturity, with a spread of 12 inches. When planted in rows, individual plants should be spaced approximately 18 inches apart. This fast-growing vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.

This plant is typically grown in a designated vegetable garden. It should only be grown in full sunlight. It does best in average to evenly moist conditions, but will not tolerate standing water. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This is a selected variety of a species not originally from North America.

White Russian Kale is a good choice for the vegetable garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.