There are over 50 varieties of kale grown in the world, some varieties of kale can reach as high as 20 feet tall! Over 5 varieties of kale are grown in Maryland!

Nutrients in kale can affect your mood. Kale can make you feel happier and more positive, according to research done by Columbia University. Has any vegetable like kale ever put you in a better mood? Share with us on social media using the #MDkidsEatLocal!

Kale is a cool-season vegetable. This means that kale prefers cooler temperatures unlike warm-season crops that prefer warmer, summer temperatures.

Fast Facts

Availability

MAY – DECEMBER

Featured Farm

BARTENFELDER FARMS
CAROLINE COUNTY

Jessie Harding of Bartenfelder Farms grows a large variety of vegetables including kale! You may even see their vegetables in school lunches! You and your family can visit the farm April - December to pick up your very own locally grown produce.

MARYLAND DEPARTMENT OF AGRICULTURE
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