



HORTIKI PLANTS  
Ecofriendly Garden Kits

# ORGANIC KALE

Growing Instructions



# KIT CONTENTS

Organic Kale Seeds  
Three Gallon Grow Bag  
Bamboo Label  
Organic Potting Soil Wafers  
Coconut Coir Grow Brick  
Plant Love

Hortiki Plants is here to truly support your gardening journey.  
This is just the beginning!

If you need additional support let us know! Share pictures  
of your plants and get specific feedback. Hortiki is always  
here to help!

RELAX. YOU ORANGE IN THIS ALONE.



CONTACT@HORTIKIPLANTS.COM  202.735.1511

# KALE FUN FACTS



Kale is a relative to the cabbage plant that has been grown for thousands of years. This variety, Vates Blue Scotch Curled Kale, produces curled leaves of dark blue-green.



Kale is very cold tolerant. It can survive temperatures down to -10 degrees Fahrenheit



The United Kingdom has a National Kale Day! It is celebrated the first Wednesday in October.



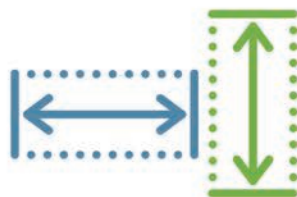
Gram for gram, kale has more than twice the vitamin C of an orange!



Kale is a great source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper, and Manganese. It's also relatively high in Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus.



Kale is an edible superfood, but it's also grown as an ornamental in winter gardens. Ornamental kales have a range of colors including red, white, blue, green, purple, pink, and magenta.



Some varieties of kale, such as Sea Kale (*Crambe cordifolia*), can grow to 4 feet wide and 7 feet tall!





READY, SET, GROW!

## PREP GROWING MEDIA

**Coco brick:** Soak coco brick in 1 gallon of warm water. Coir will expand to 2 gallons of ready to use coir potting mix. Drain well.

The round soil wafers consist of organic nutrients to help your plants grow. Slowly add water to your wafers until they dissolve into loose potting soil. See a video on how to hydrate your wafers at: <https://hortikiplants.com/blogs/instructions/soil-wafer-hydration-demo>

Watch the video:



Add coir + soil mixture to your grow bag.

If growing indoors, use a plant tray to protect surfaces from water run-off.

## PLANT SEEDS

Place 3 seeds in your container spaced 1 inch apart. Cover with a thin layer of soil mixture. Pat lightly to secure. Place in a warm location. Keep the rest of your seeds for future plantings.



## **WAIT PATIENTLY FOR GERMINATION**

Place in sunny area and wait for seeds to sprout (4-7 days).

Keep soil moist but not soaking wet. Water seeds gently every 1-2 days or when soil is dry.

## **MONITOR HEAT, LIGHT, MOISTURE**

Once seeds have germinated move to a bright sunny spot. (6+ hours of direct sunlight.)

If your seedlings grow thin and weak they are not getting enough light. You'll know they are in the right spot when you see sturdy stems and dark green leaves.

Keep moist but never soaking wet.

## **HARVEST**

Mature kale will be ready to harvest in 75-80 days.

When the leaves are large and sturdy get ready to enjoy. Harvest by cutting the bottom leaves using sharp scissors.

Let young leaves continue to grow and harvest in this method continuously.



# Leafy Greens in Salads

Use your kale alone or mixes with other greens as the base for your salad..

Kale is rich in antioxidants, calcium, fiber, and iron.

Choose a lean protein source with a lot of flavor

Beans, lentils, chickpeas, tofu, and lean meats are good options. Marinate or toast your protein with herbs and spices to add flavor. Aim for 4 ounces of protein if eating salad as a main course. Saute protein with onion and garlic and cook until slightly tender.

Add whole grain.

Barely, rye, wheatberries, and farro will add fiber, protein, iron and interesting textures to your salad. Marinate or toast before hand to add additional flavor and spice,

Add fat. No kidding.

Your body needs fat in order to absorb fat-soluble vitamins (vitamins A, D, E, and K) found in your fruits and veggies. So add the fat! Go for nutrient-rich fatty foods such as nuts, seeds, avocado, or cheese and aim for 2-3 teaspoons/serving.

Dress Simply.

Watch the additives in store-bought salad dressing. Take a minute to whip up your own using oil and an acid of your choice (citrus juice or flavored vinegar.)

Plate and Enjoy!



# YOU ♥ SMALL BUSINESSES ♥ YOU

Hi! My name is Dr. Victoria LeBeaux.

I'm the founder of Hortiki Plants and I truly appreciate your support for small businesses! Here's a little bit about Hortiki Plants' mission to share love in all that we do. You power this mission and Hortiki Thanks you!



## People

I want to help you live your best plant life, no matter how small your space or how little gardening experience you have.



## The Planet

I know you want to garden in an earth friendly way but may struggle to find the right materials.



I will do my best to source the most eco-friendly materials I can find.

That means minimal use of plastic, materials made from plants, printing on recycled papers using vegetable based inks, and packaging from recycled materials. I'll also try to source local whenever possible and from trustworthy organizations.



## Communities in Need

You want to support business that serve and help communities. Hortiki is of the same heart and mind.

5% of Hortiki Plants profits are donated to organizations helping people and communities grow.

[hortikiplants.com/freeresources](https://hortikiplants.com/freeresources)

PLEASE DON'T  
STOP THE  
MUSIC.





YOU  
+  
HORTIKI  
PLANTS  
=  
PLANT 

Thank you so much for  
your support! Hortiki  
will miss you if you  
don't keep in touch.



Here's how:



Help your fellow plant lovers who need some encouragement!

Leave a product review online:

[hortikiplants.com/shop](https://hortikiplants.com/shop)

Share photos and videos of your product and your plant journey!

Tag [@hortikiplants](https://twitter.com/hortikiplants) on social

Let us know how our seed starting kits can be improved or what  
other products you'd like to see.

Email:

[contact@hortikiplants.com](mailto:contact@hortikiplants.com)