URBAN FARMER
LOVE THE EARTH

ufseeds.com · 1-317-600-2807
customerservice@ufseeds.com

Kale Comparison Chart

Every kale we carry, grouped by type and sorted by days to maturity

Days	Variety	Color	Leaf	Best for	Notes	Height
Curly Kale						
50	**Scarlet**	Red-purple	Heavily curled	Baby leaf, salad	Color deepens in cold	36 in.
50	**Rainbow Candy Crush** F1	Multicolor	Frilled	Garnish, salad	Edible ornamental	24 in.
55	**Blue Curled Scotch**	Blue-green	Finely curled	Salad & cooking	Compact; very hardy	24 in.
55	**Prizm** F1 AAS	Green	Ruffled	Baby leaf, salad	Compact; containers	18 in.
55	**Redbor** F1	Deep purple	Frilled	Garnish, salad	Uniform; very hardy	24 in.
55	**Starbor** F1	Blue-green	Finely curled	Cooking, bunches	One-cut harvest	18 in.
75	**Darkibor** F1	Dark green	Tightly curled	Cooking, bunches	Sweet after frost	24 in.
Lacinato (Dinosaur) Kale						
55	**Lacinato** HEIR	Dark green	Savoyed strap	Salad & cooking	Tuscan heirloom	36 in.
55	**Lacinato** HEIR ORG	Dark green	Savoyed strap	Salad & cooking	Pick young	36 in.
60	**Dazzling Blue**	Blue-green	Savoyed strap	Salad & cooking	Purple midribs	24 in.
65	**Black Magic**	Near black	Deeply savoyed	Cooking, bunches	Very uniform bunches	24 in.
Russian & Siberian Kale						
50	**Red Russian**	Gray-green	Flat, toothed	Baby leaf, salad	Purple stems; tender	36 in.
50	**Red Russian** ORG	Gray-green	Flat, toothed	Baby leaf, salad	Purple stems; tender	36 in.
50	**White Russian**	Green	Flat, oak-leaf	Salad & cooking	Very cold hardy	36 in.
55	**Dwarf Siberian**	Blue-green	Frilled	Salad & cooking	Compact; very hardy	24 in.
60	**Premier**	Dark green	Smooth	Cooking, bunches	Slow to bolt	24 in.

Curly

Ruffled leaves in green, blue or purple. The hardiest kales for winter harvests.

Lacinato

Long, bumpy "dinosaur" leaves with a rich, sweet flavor. Great for cooking.

Russian & Siberian

Flat, tender leaves for salads. Very cold hardy and quick to grow.

Ornamental

Grown for colorful rosettes on tall stems for bouquets and fall displays.

Quick picks

Best for baby leaf: Red Russian, Prizm, Scarlet · **Most cold hardy:** Blue Curled Scotch, Dwarf Siberian, White Russian, Darkibor
Most colorful: Redbor, Scarlet, Rainbow Candy Crush, Dazzling Blue · **Compact & containers:** Prizm, Starbor, Blue Curled Scotch

When to plant

Spring crop
Sow or transplant 3–5 weeks before the last frost. Harvest before summer heat turns leaves bitter.

Fall crop
Sow 6–8 weeks before the first frost. Frost turns starch to sugar and sweetens the leaves.

Winter harvest
Curly and Siberian types survive hard frosts; use row cover to pick through winter.

Leaf types and F1, ORG, HEIR and AAS tags are explained on page 2.

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Kale Comparison Chart continued

Days	Variety	Color	Leaf	Best for	Notes	Height
Ornamental Kale (Cut Flower)						
95	**Condor Pure White**	White	Ruffled rosette	Cut flowers	Long straight stems	36 in.
95	**Condor Red**	Red-purple	Ruffled rosette	Cut flowers	Long straight stems	36 in.
95	**Condor White**	White, pink	Ruffled rosette	Cut flowers	Pink-purple center	36 in.

Days are from direct seeding to full-size leaves; subtract about 14 days for transplants. Baby leaves are ready in about 25–30 days.

Leaf Types

Curly Ruffled leaves; the hardiest type and best for kale chips.

Savoyed Long, bumpy lacinato leaves; tender and great for soups.

Flat Smooth or toothed Russian leaves; the most tender raw.

Starting from seed

Sow ½ in. deep outdoors, or start indoors 4–6 weeks before transplanting. Space plants 12–18 in. apart; closer for baby leaf.

Feeding & care

Kale likes rich soil and steady moisture. Side-dress with nitrogen and use row cover against cabbage worms and aphids.

Harvest & storage

Pick outer leaves and leave the center to keep growing. Leaves keep 1–2 weeks in the fridge in a plastic bag.

Troubleshooting

Bitter, tough leaves
Caused by heat and drought. Water steadily and wait for cool fall weather for the sweetest leaves.

Holes in leaves
Cabbage worms and flea beetles. Cover young plants with row cover and check leaf undersides.

Flowering stalks
Kale bolts after winter or in long, warm days. Pick often and sow again for a fresh crop.



Redbor



Lacinato

Variety Notes

F1 Hybrid seed
AAS All-America Selections winner
ORG Certified organic seed
HEIR Heirloom, open-pollinated

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