

Asparagus Kale. This is a wonderful biennial vegetable. The leaves have a more delicate flavour than cabbage or other kales and can be eaten through the winter even when picked frozen solid.

Start the seeds off in a tray in spring and plant out when robust enough. In the first year it will produce edible leaves. Thin out if need be as they grow big next year.

In the second year it will produce edible tender shoots in a similar way to purple sprouting broccoli. Keep cropping to make the plant produce more - "**eat shoots and leaves**".

If left to go to seed, allow pods to dry and the seed can be saved - or to self-seed.

Disclaimer: The seeds in this packet cannot be guaranteed to grow- but why not give them a chance! This kale was gathered locally in Bampton and grows well here. More details at www.penrthact.org.uk

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