



ornamental

# KALE

**Botanical name:** Brassica oleracea  
(Acephala group)

**Family:** Brassicaceae

**Common names:** Ornamental Kale,  
Flowering Kale, Ornamental Cabbage

**Country of Origin:** Europe

**Available:** Autumn - winter

**Stem Length:** N/A



ORNAMENTAL KALE is a vegetable closely related to broccoli, cabbage and cauliflower. They look very much like brightly coloured cabbages. While most kales are loose-leafed, ornamental kales produce cabbage-like heads with white or purple-pink centres and green outer leaves. Heads are made up of close packed leaves with frilly edges.

Ornamental kale is a popular garden plant, and enjoys cold weather. They are also available as flowering pots. Most are grown in the field in colder regions of Victoria and Tasmania.

#### When Buying Look for:

- Buy when heads are tightly packed;
- Avoid heads with dried or brown frilly leaf edges.

#### Flower Care

1. Keep cool at all times.
2. The best way to keep kale is to place heads in a sealed plastic bag, or a closely tied supermarket bag, in the fridge.
3. Most cut heads will not have much of a stem, so best to 'float' in a saucer of water.
4. Recut if the stem is present and place in water immediately.
5. Using a preservative is optional.
6. Replace saucer water regularly.
7. If growing in a pot, place the pot outside during cold nights to recondition – these plants do not like hot, dry conditions. Water regularly ie every 2 to 3 days.

#### Interesting Facts and Myths

Ornamental kale is one of few vegetables regularly used in floristry, and can be eaten safely. Kale is a good source of vitamins A, C and K, iron, calcium, glucosinolates and carotenoids.

# THIS WEEK'S PRICES

NAME	STEMS PER BUNCH	PRICE RANGE
AGERATUM	10	\$4.00 TO \$5.00
ALLIUM - GIANT	PER STEM	\$4.00
ALSTROEMERIA	SML - 7, LGE - 10	\$3.50 TO \$6.00
AMARANTHUS	10	\$6.00 TO \$8.50
ANEMONE		\$4.50
ANTHURIUM	PER STEM	\$1.50 TO \$3.50
ARABS EYES	5	\$3.50 TO \$4.50
ARUM LILIES	5	\$5.00 TO \$6.50
ASTERS		\$2.00 TO \$2.50
BANKSIA - BAXTERI	PER STEM	\$1.20 TO \$2.50
BANKSIA - COCCINEA	5	\$5.00
BANKSIA - HOOKERIANA	PER STEM	\$1.60
BANKSIA - MENZIESII	PER STEM	\$1.40 TO \$1.80
BANKSIA - SPECIOSA	PER STEM	\$1.20 TO \$2.00
BLUSHING BRIDE	5	\$3.00 TO \$6.00
CALENDULA	10	\$2.00
CALLA LILY	5	\$7.50 TO \$15.00
CALLISTEMON (BOTTLEBRUSH)	PER STEM	0.50
CAMPANULA (CANTERBURY BELLS)		\$7.00
CARNATION HEADS	BOX	\$10.00 TO \$15.00
CARNATION - MICRO	10	\$2.00 TO \$3.50
CARNATION - FIELD		\$1.50 TO \$3.00
CARNATION - SPRAY		\$3.50 TO \$4.00
CARNATION - CHINESINI	10-15	\$2.50 TO \$3.50
CARNATION - FIELD		\$1.50 TO \$2.50
CARNATION - SIM		\$3.00 TO \$4.00
CELOSIA - COCKSCOMB	5	\$4.00 TO \$7.00
CELOSIA - PLUME	5	\$5.00
CHRYSANTHEMUM - DISBUD	5	\$6.50 TO \$8.50
CHRYSANTHEMUM - FIELD		\$2.50 TO \$4.50
CHRYSANTHEMUM - GLASSHOUSE	5-7	\$4.00 TO \$5.00
COSMOS		\$2.00
DAFFODILS	10	\$2.50 TO \$3.00
DAISY - SHASTA		\$2.00 TO \$3.00
DELPHINIUM - GIANT	5	\$4.00 TO \$6.00
DELPHINIUM - BUTTERFLY	5	\$4.00 TO \$5.50
EASTER DAISY		\$2.50 TO \$3.50
ERICA	10	\$6.00
ERLICHEER		\$2.50 TO \$3.00
ERYNGIUM (SEA HOLLY)		\$7.50
FLANNEL FLOWER	5	\$5.00 TO \$7.00
FREESIA	10	\$5.00 TO \$6.00
GERBERA	10	\$7.00 TO \$10.00
GERBERA - MINI	10	\$3.50 TO \$5.50
GLADIOLI	10	\$8.00 TO \$12.00
GLORIOSA LILY	3	\$5.00 TO \$20.00
GOLDEN ROD (SOLIDAGO)	10	\$2.50 TO \$4.00
GYMEA LILIES	PER STEM	\$5.00 TO \$10.00
GYPSOPHILA - STANDARD		\$3.00 TO \$5.00
GYPSY		\$3.00
HELICONIA	5	\$6.00
HELICONIA CLAW	PER STEM	\$4.00 TO \$7.50
HELICONIA SEXY	PER STEM	\$7.50 TO \$10.00
HYACINTH		\$4.50 TO \$5.50
HYDRANGEA	5	\$4.00 TO \$6.00
IRIS	10	\$4.50 TO \$6.50
IXODIA DAISY	10	\$5.00 TO \$6.00
JONQUILS	10	\$2.50
KALE	PER STEM	\$2.50
KANGAROO PAW - BLACK		\$8.00
KANGAROO PAW - STANDARD	10	\$5.50
LAVENDER		\$3.00
LEUCADENDRON	5	\$2.00 TO \$5.00
LEUCADENDRON - DISCOLOUR	5	\$4.00 TO \$5.00
LEUCADENDRON - GALAPINI	5	\$4.50
LEUCADENDRON - SAFARI	10	\$4.00
LEUCADENDRON - SILVAN RED	5	\$3.00 TO \$5.00
LEUCODENDRON - SILVER TREE		\$3.00
LEUCOSPERMUM - REFLEXUM	5	\$3.00 TO \$5.00
LEUCOSPERMUM - TANGO	5	\$6.00
LIATRIS	10	\$3.50 TO \$7.00
LILY - ASIATIC	5	\$4.50 TO \$5.00
LILY - LONGIFLORUM	5	\$5.00 TO \$10.00
LILY - ORIENTAL	5	\$10.00 TO \$13.00
LILY - LA	5	\$4.50 TO \$6.00
LIMONIUM - EMILE	10	\$3.50 TO \$4.50
LIMONIUM - MISTY	10	\$4.00 TO \$5.00
LIMONIUM - STATICE	10	\$2.00 TO \$2.50
LISIANTHUS	7-10	\$3.50 TO \$8.00
LOTUS PODS		\$3.00
NERINES	10	\$3.50
ORCHID - CYMBIDIUM	PER STEM	\$13.00 TO \$17.00
ORCHID - SINGAPORE	5	\$4.00 TO \$8.00
ORCHID - TIGER	5	\$11.50

NAME	STEMS PER BUNCH	PRICE RANGE
ORCHID - TIGER (DANCING LADIES)	10	\$25.00
PEONY ROSE	5	\$18.50
POKERS	5	\$4.50 TO \$6.00
POPPIES	10	\$3.50
PROTEA - KING	PER STEM	\$1.00 TO \$2.00
PROTEA - PINK ICE		\$2.50 TO \$4.00
QUEEN ANNE'S LACE		\$6.50
RANUNCULUS		\$3.50
ROSE - 30CM	10	\$4.00 TO \$6.00
ROSE - 40CM	10	\$4.00 TO \$9.00
ROSE - 50CM	10	\$5.00 TO \$10.00
ROSE - 60CM	10	\$9.00 TO \$11.00
ROSE - 70CM+	10	\$10.00 TO \$12.00
ROSE - MINI	10	\$4.50 TO \$7.00
SEDUM	10	\$5.00 TO \$6.00
SNAPDRAGON	10	\$2.50 TO \$5.00
SOLIDASTER	10	\$3.00 TO \$3.50
STIRLINGIA (BUD)		\$5.00
STOCK		\$3.50
STRAWBERRY FIELDS		\$2.50 TO \$3.00
STRELITZIA - BIRD OF PARADISE	5	\$6.00 TO \$9.00
SUNFLOWERS	5	\$3.50
SWEET WILLIAM		\$2.00 TO \$2.50
TULIPS	10	\$8.00
TULIPS (PARROT)	10	\$8.00 TO \$9.00
VIOLETS		\$2.50
WATER LILIES	5	\$8.00 TO \$12.00
WAX FLOWER (BUD)		\$3.00 TO \$4.00
<b>FOLIAGE</b>		
ACACIA PODALYRIFOLIA		\$4.50
ANDROMEDA		\$4.50 TO \$5.00
BANANA LEAF	20	\$20.00
BIXIA		\$6.50
BULLRUSHES	4	\$5.00 TO \$6.00
BUXUS	7	\$3.00 TO \$3.50
CAMELLIA		\$4.50 TO \$5.00
CORDYLINE	10	\$4.50 TO \$5.00
CORK ELM	5	\$6.00 TO \$7.00
CYPRUS	10	\$2.50
DODDA VINE		\$4.50
EMU BUSH		\$3.00 TO \$5.00
FAN PALM	10	\$5.00
FLAX		\$3.50 TO \$7.50
GARRYA	3	\$4.00 TO \$5.00
GERBERA FOLIAGE		\$3.00
GINGER FOLIAGE		\$5.00
GOLDEN ASH		\$6.00 TO \$7.00
GREVILLIA (FLOWERING - MOONLIGHT)		\$4.00
GUM		\$2.50
HAPPY PLANT	10	\$6.00
HOLLY (GOLDEN)	5-6	\$5.00 TO \$6.00
HOSTA LEAVES		\$4.00
HYPERICUM BERRIES	10	\$5.00 TO \$8.00
HYPOCALYMYMA (MYRTLE - GOLDEN VEIL)	30CM (200GM)	\$5.50
IVY		\$3.00 TO \$4.50
JOEY FERN	10	\$4.00 TO \$5.00
KOALA FERN	10	\$4.50
LEATHER FERN		\$4.00 TO \$5.00
LILLY PILLY		\$4.00
LIQUIDAMBER		\$2.50 TO \$6.00
LUCULIA	5-10	\$5.00 TO \$8.00
MAGNOLIA FOLIAGE	5	\$6.00 TO \$9.00
MAPLE		\$5.00
MELALEUCA	10	\$5.00
MING FERN		\$4.50
MOLLUCCA BALM (IRISH BELLS)	5	\$4.50 TO \$5.50
MONSTERIA LEAVES		\$6.50 TO \$9.00
NANDINA		\$3.50
NECTARINE (BUDDING)	5	\$5.00 TO \$30.00
OKRA PODS	5	\$7.50
PAPYRUS	5	\$5.00 TO \$8.00
PAULONIA		\$6.00
PEPPERCORN		\$4.50 TO \$5.50
PHILODENDRON - XANADU	5-6	\$4.00 TO \$6.00
PIMELEA		\$5.50
POLYGALA		\$2.50 TO \$3.00
RED WILLOW	5	\$5.00
SILVER BUSH	5	\$3.00 TO \$5.00
SILVER SUEDE		\$5.00 TO \$6.00
SPEAR GRASS		\$2.00 TO \$3.00
TETRAGONA GUM NUTS	10	\$5.50 TO \$6.50
THRYPTOMENE		\$2.50
UMBRELLA BERRIES (LIPSTICK)	5	\$8.00
WOODY PEAR	PER STEM	\$1.00