



KALETTES[®] and FLOWER SPROUTS[®] (*Brassica oleracea*)

Both Kalettes and Flower Sprouts are crops developed through traditional breeding methods by crossing kale and Brussels sprouts. Grown and harvested similarly to Brussels sprouts, the florets are open rosettes resembling flowers, grown on stalks of tall, upright plants. Please note that both Kalettes and Flower Sprouts take even longer to mature than Brussels sprouts. Maturities range from 110 days to 138 days, depending on the variety.

Kalettes are a new and improved generation of Flower Sprouts. While Flower Sprouts only have one harvest slot late in the season, the three varieties of Kalettes offer early, midseason, and late maturities. This allows for an extended harvest window from one planting. Kalettes are offered only as bicolors, which has proven to be the most popular type, as opposed to Flower Sprouts, which are offered as a tri-color mix.

CULTURE: Both Kalettes and Flower Sprouts produce the best crops when planted in fertile soils with a pH of 6.5–7.5. To maintain steady growth, the crop should be well fertilized and irrigated in dry weather. Crops grown under poor fertility or dry conditions will yield florets of lesser quality. However, excess amounts of nitrogen in the soil cause overly leafy and unattractive florets. To prevent either extreme, and to achieve the ideal appearance, fertilize Kalettes and Flower Sprouts at 75% of the amount of nitrogen as you would Brussels sprouts. Cool weather will provide the best growing conditions, especially when forming florets, but the plants will grow well in areas with mild summer weather prior to floret formation.

TRANSPLANTING: While direct seeding is possible, it is recommended to transplant these crops. Sow 2–3 seeds per cell in 72-cell plug flats, ¼ inch deep, 4–6 weeks before transplanting. When ready, transplant with 18 inch spacing between plants, in rows 24 inch apart.

The exact timing of sowing will vary depending on your location and the season in which you wish to harvest. To test for suitability to your growing conditions, we suggest performing small trials.

North and Midwest: For a fall harvest, transplant all varieties, including Flower Sprouts, in mid-May through early June.

Mid-Atlantic: For a fall harvest, transplant all varieties, including Flower Sprouts, in June through July.

In some areas it may be possible to produce spring and early summer crops from transplanting in late February through March. We recommend growing the earliest and midseason Kalette varieties, Autumn Star and Mistletoe.

Deep South: For a fall and early winter harvest, transplant in September. We recommend the earliest Kalette variety, Autumn Star, and Flower Sprouts. The key to success is to transplant early enough so the plants are 2–3 feet tall prior to the onset of cold weather and the low light levels of winter.

In some areas it may be possible to produce spring and early summer crops from transplanting in February. We recommend growing the earliest and midseason Kalette varieties, Autumn Star and Mistletoe.

California: Transplant in August for fall and winter harvest. We recommend planting Autumn Star, Mistletoe, Snow Drop, and Flower Sprouts. The key to success is to transplant early enough so that the plants are 2–3 feet tall prior to the onset of cold weather and the low light levels of winter.

Spring and early summer crops from January transplants may be possible in some areas. We recommend growing Autumn Star and Mistletoe.

TOPPING: For earlier, more concentrated production, top the plants by pinching out the growing point at the top of the plants. This should be done when the florets lower on the stem are $\frac{1}{2}$ – $\frac{3}{4}$ inches in diameter. When plants are topped, the top florets will mature first. The tops of the plants may be bunched and sold as a cooking green, much like kale.

DISEASES: To control diseases, adhere strictly to a preventative program that includes long crop rotations with non-cruciferous crops, clean starting mixes, and strict sanitation practices.

PESTS: The best insect pest control on young plants is the use of fabric row covers, which prevents the insects' access to the plants. Put row covers in place on the day of planting. If heavy pressure from flea beetles is observed, treat with azadirachtin or pyrethrin. Cabbage worms can be controlled with *Bacillus thuringiensis* (B.t.).

HARVEST: Harvest florets when they are approximately $1\frac{1}{2}$ –2 inches in diameter. A light frost will not harm the plants and will improve flavor.

YIELD: Please note that the yield can vary widely based on how tall the plant is and how large the florets are when harvested. The average yield is $\frac{1}{4}$ – $\frac{1}{2}$ pounds per plant. Based on a planting with 18 inch spacing between plants, in rows 24 inches apart, the expected yield would average 3,630–7,260 pounds per acre.

STORAGE: Store in a cooler or cold cellar at 36°F/2°C with 95–98% relative humidity. They will store for 4–6 weeks under these conditions.