

From seed to shop shelf

Sowing (from February until June)

The very best kale seeds are sown in trays and put in warm glasshouses to grow into young kale plants.



Growing

About four weeks later, the young plants are planted outside, in the ground, in rows.



Harvesting (from June until April the next year)

Kale is selected and harvested by hand. It is put on harvesting rigs and taken to the factory.



Packing

In the factory, the kale is put into cold stores to cool it down quickly. The kale is checked for quality. Then it is cut and washed before being put in boxes.



To the shops

Kale goes in refrigerated trucks to the shops within 24 hours.



Find out why it is important to keep food fresh.

Use two fresh kale leaves. Keep one in the fridge for 24 hours and one in the kitchen for 24 hours. What differences do you notice?