

**CHINESE KALE 中國芥蘭***(Brassica alboglabra)*(Other Names: Chinese Broccoli,  
White Flowering broccoli, Gai(Kai) Lan)

93-1-4



Chinese kale originated in China and is grown extensively in Far East Asia. Plants are about 1-2 feet tall at the harvest stage. Leaves are similar to broccoli which may be smooth or wrinkled. The Orient prefers smooth while the West prefers wrinkled leaves. The flowering stalks, young leaves and buds possess excellent eating quality. The florets are smaller and less solid than those of the western broccoli. They are hardy, tolerate heat, and can be grown easily in summer when cabbage, broccoli and cauliflower can not be grown due to heat. Chinese kale is rich in vitamins A, C and calcium.

**HOW TO GROW:** Chinese Kale grows best in well-drained, fertile soil with ample moisture. Sow seeds 18 inches apart in rows. Plant seeds about 1/2 inch deep in well worked soil. Seeds germinate in 10 - 15 days.

**WHEN TO PLANT:** Chinese kale can be grown all year around. It will live through the winter as far north as Washington D.C. Plant seeds in early spring as soon as soil can be worked, and continue to seed into summer and fall. When grown in hot summer weather, Chinese kale should be harvested on time. A delayed harvest may cause it to bolt.

**CARE AND HARVEST:** When seedlings are 3 inches tall, thin to stand about 8 inches apart in the row. Harvest shoots (young stems and leaves) as soon as the first flower appears. The leaves are ready to harvest in about 70 days. Pick or cut the stalks about 6-8 inches from the top of the plants, or strip the lower leaves and leave the inner leaves and buds to produce new leaves for a continuous supply. The flavor of kale is usually improved by frost.

**VARIETIES:** Chinese kales are smooth leaf types. There are two main forms with different flower color.

1. **White Flower:** Very popular variety. Plants are 15-19 inches high with thick and large stalks. Large glaucous leaves are dark green and oval in shape like western broccoli. The leaves may taper or be round at the tip. Heat resistant.  
It can be grown all year round in tropic or subtropic areas. 55 days to harvest.
2. **Yellow Flower:** Plants are 5-8 inches tall with a flower that is yellow in color. Leaves are small and light green. Suitable for summer growing; 55 days to harvest.

Recently, several hybrids have become available on the market. For example, Green Lance; 50 days. Extensively uniform and highly resistant to both heat and drought.

**USES:** Chinese kale is often stir fried and served while still tender, crisp and bright green. Peel skin from stalks before cooking. Chinese kale is also delicious when boiled and eaten in the same manner as broccoli. It can also be fried with any kind of meat and other vegetables.

## RECIPES:

### 1. Beef with Chinese Kale

#### Ingredients:

- 1/2 lb Boneless beef (flank steak or top sirloin). Trim off fat. Slice 1/2 inch thick, then cut into 2 by 1 inch slices.
- 1 lb Chinese kale, cut leaves and tender tops into 2 inch long strips. Peel off the skin of the stem, and slant cut 2 inches long.

#### Marinate (sauce A) :

- 1 tblsp Oyster sauce  
2 tsp Dry sherry                      Mix well  
1/2 tsp Sugar  
2 tsp Cornstarch

#### Seasoning Sauce (sauce B):

- 2 tsp Dry sherry                      Mix well  
1/2 tsp Sugar  
1/2 tsp MSG  
1 tsp Cornstarch

#### Procedure:

1. Add beef slices into sauce A, mix well. Refrigerate at least 30 minutes.
2. Heat a frying pan over high heat. When hot, put in two tablespoons of corn oil; add ginger and salt. Turn heat to medium and sizzle a few seconds.
3. Add Chinese kale and stir fry 1 minute; Chinese kale will turn bright green.
4. Add 1/4 cup of water, turn to high and cover. Let it steam-sizzle 2-3 minutes or until tender. Uncover, turn heat to high, and stir fry rapidly until the liquid is evaporated. Remove kale into a dish and spread out.
5. Use *same* frying pan and heat remaining 1 tablespoon of oil. Add beef and stir fry about 1 minute. Return kale to the pan and stir in seasoning sauce (sauce B). Cook until the sauce thickens.

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