Swiss Chard

Background:
Swiss chard has a mildly bitter flavor and pairs well with most foods, especially lemon, tomatoes, eggs, bell peppers, and pasta.
Part of the spinach and beet family
Young and tender leaves can be eaten raw
Mature leaves taste better cooked by sautéing, boiling, steaming, or stir-frying
Swiss chard is originally used in Mediterranean cuisine

Nutritional Value:
Swiss chard is rich in several vitamins:

- **Vitamin A**—Good for vision
- **Vitamin K**—Helps in blood clotting and bone health
- **Vitamin C**—Essential for tissue health

Magnesium, calcium, potassium, and iron are minerals that are essential for bone health, metabolism, and electrolyte balance.

Swiss chard is a good source of fiber, which helps with bowel function, lowers cholesterol, and keeps you full longer.
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How to SHOP:
Find Swiss chard near other leafy greens in the chilled display of your grocery store produce section.
Stalks should be crisp. Leaves should not be wilted or blemished.
Chard is available in stores year-round but grows locally during the fall season.

How to GROW:
Plant Swiss chard at the end of summer. It can be planted with other winter vegetables.
Harvest in 50-70 days, when leaves reach 9-12 inches in length and repeat until the first frost.
Swiss chard is not frost tolerant but can also become bitter if grown when the temperature is high.

How to STORE:
Swiss chard cannot be frozen
Do not wash before refrigerating
It can be stored for 5 days in the refrigerator if wrapped tightly in plastic