

Guide to Growing Chard



Profile and Nutrition Facts

A large leafy vegetable with an earthy taste. Mostly used when cooked, although smaller leaves can be consumed raw. When cooked, it has a mild and sweet flavor. This powerhouse food has high levels of Vitamin A, C, K, and fiber.

Chard comes in many colors, and most distinguishable by its veins. There are different varieties of chard. Some popular varieties include rainbow, fordhook giant, and bright lights.

Planting guide

The best time to plant chard is 2 weeks after the last frost. Plant seeds in an area that receives plenty of direct sunlight. When planting, place the seeds $\frac{1}{2}$ - $\frac{3}{4}$ inches deep and 2-4 inches away from other seeds. Chard is a great addition to a fall garden, and can extend into cooler months.

How to maintain

Chard is easy to care for, and suitable for many different types of climates. It is important to keep the soil moist. You can add compost or organic fertilizers for extra nutrients. The main pests are deer and slugs. Prevent slugs by spreading crushed egg shells at the base of the plant.

How to harvest

Chard can be harvested around 50 days after planting from seed. Chard is harvested from the outside towards the inside. Harvest any long leafy outside leaves or leaves growing down near the soil by cutting down near the stalk. When the stalk become woody and growth is less prolific, consider replanting.



How to enjoy chard

Chard can be used in a variety of ways. It can be added to a salad, quiche, or soup. It's also delicious sauteed in some oil, salt, pepper, and lemon juice. Like spinach or kale, chard adds additional nutrients to many types of dishes and is a versatile vegetable.