



Swiss Chard

Beta vulgaris

Nutrition Facts

- Swiss chard helps regulate sodium in the body.
- 100 grams of Swiss chard has more than 7 times the recommended daily amount of Vitamin K, a vitamin that is essential for bone health.
- Swiss chard helps regulate blood sugar, which reduces the risk of certain cancers.

Planting

Plant 4/1-5/30 or 7/25-8/20
(Guidelines for planting in raised beds)

Sow seeds in rows 8-10" apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Young seedlings: Water when top 1" of soil dries out. Thin plants to stand 3-5" apart. Mulch plants with cotton burr compost to keep soil moist.

Harvest & Storage

Once plants reach 4" tall, harvest the chard by cutting the leaves off at the stem, leaving 1-2" of the plant so that it may grow new leaves for more harvesting. These smaller leaves are good for salads. Larger leaves can be harvested in the same way and are good for sautéing.

Store chard in the refrigerator for up to one week. Do not wash until right before use.

Recipe

Wash all vegetables before using

Sautéed Swiss Chard

2 tablespoons olive oil

4 cloves garlic, minced

1 bunch Swiss chard, cut into ribbons

1/4 cup balsamic vinegar

Salt and pepper to taste

Heat the olive oil on a skillet. Add the minced garlic and cook for 2 minutes, until tender but not browned. Add the Swiss chard and pour in the balsamic vinegar. Stir until the chard cooks down and is tender, about 5 minutes. Add salt and pepper to taste.



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