

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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[www.kccg.org](http://www.kccg.org)



816.931.3877



[contact@kccg.org](mailto:contact@kccg.org)



6917 Kensington Ave  
Kansas City, MO 64132

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Swiss Chard

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**KCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

## **Bright Lights**

28 days for baby chard, 55 days for larger leaves - Vibrant, rainbow colored stalks are an eye-catching addition to your garden. Plants thrive throughout spring, summer and into fall providing a steady supply of greens. Swiss chard can be eaten raw but generally is steamed or sautéed. Routine cutting of larger leaves will stimulate continuous production through frost.

## **Fordhook Giant** - 60 days.

A tall, vigorous strain with broad dark leaves. Stems are thick and white. Tolerates hot weather well.

**Ruby** - 60 days - Similar to Fordhook but with ruby red stalks and veins.

## **Planting:**

Spring: March 15- April 15

Fall: July 20- August 10

Begin planting in early spring. Although chard is cold tolerant some varieties may bolt if they experience a hard freeze. Make successive planting until late summer for a continuous supply of fresh greens. Swiss Chard is one of a small group of plants which can be planted from seed from spring to early fall.

## **Care:**

Swiss chard prefers loose, deep, fertile soil high in organic matter. Water seeds regularly with a gentle spray. Keeping the soil moist will help the seed germinate in about a week. Transplants should be watered when the top 1" of soil is dry. Like beets, chard will produce multiple plants and will require thinning for plants to stand 3 to 6" apart as they grow. Mulch plants with cotton burr compost to keep the soil moist.

## **Harvest & Storage:**

Once plants reach 4" tall, harvest by cutting the leaves off the stem, leaving 1-2" of the plant so that it may grow new leaves for more harvesting.

These smaller leaves are great for salads. Larger leaves may be harvested the same way and are good for sautéing.

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

## **Nutritional Facts:**

Swiss Chard and other leafy greens are a great source of lutein and zeaxanthin. Lutein and zeaxanthin are phytonutrients that keep our eyes healthy by helping our eyes read and see fine details. Swiss chard is also a good source of many other phytonutrients as well as vitamins A, C and K, and minerals such as magnesium, manganese, and potassium.