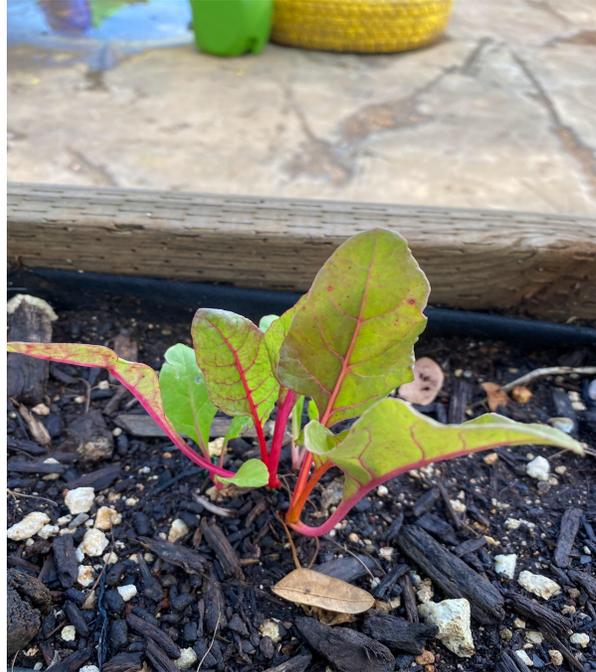


## Guǎhan Produce Guide: Swiss Chard



We see

Also known simply as 'chard', Swiss chard has large, fleshy, tender, deep-green leaves and thick, crisp stalks. Although they're unrelated, chard is similar to spinach, but with a stronger, more assertive (or, as some think, bitter) flavor.

Plant Traits	Details
Plant Type	Biennial vegetable
Size	18–24 in. tall, 9–12 in. wide
Spacing	2-4 inches apart
Bloom Time	Summer
Flower Color	Yellow
Root Depth	6-10 inches

Pests

Flea beetles, Aphids, Spinach leafminer

Diseases

Cercospora leaf spot, Downy mildew

## Health Benefits

- Excellent source of vitamin A and vitamin K and a good source of vitamin C and magnesium.
- Swiss chard also contains the antioxidants beta-carotene, lutein, and zeaxanthin

## Site Characteristics

Sun Exposure

Full sun

Soil Condition

This plant likes organically rich soil with good drainage. It prefers a slightly acidic soil pH.

Support

none

Water

Evenly moist

Fertilizer

5-10-10

## From Seed to Harvest

How to Plant Seedlings

To speed up germination, soak seeds in water for 24 hours before planting. Sow the seeds  $\frac{1}{2}$  to 1 inch deep, spacing them 2 to 6 inches apart in rows. Space rows about 18 inches apart. Like beet seeds, chard seeds actually come in clusters of a few seeds, which results in multiple seedlings emerging from a single planting hole.

Transplanting Seedlings

If transplanting from seedlings, make sure that your plants are ready by having at least one set of mature leaves. Once they have this

they are ready to transplant. Gently reach into the soil and pull out the plant by the roots. Make sure you take care not to separate the root from the seedling. Place each seedling into a hole, and cover up the roots with soil to the first set of leaves. Gently place soil around, but don't pack it. Water just enough to get the soil wet, but not soaked.

## Maintenance

Water Swiss chard evenly and consistently to help it grow better. Water plants often during dry spells in the summer. Mulch the plants to help conserve moisture and suppress weeds. When plants are about 1 foot tall, cut leaves back to 3 to 5 inches to encourage new tender growth. When plants are 3 to 4 inches tall, thin to 4 to 6 inches apart or 6 to 12 inches if plants are large. Use scissors to avoid disturbing nearby plant roots—and harvest the cuttings. Chard usually does just fine without the use of fertilizer, but if yours seems to be staying small, consider applying a balanced fertilizer halfway through the season. Water Swiss chard evenly and consistently to help it grow better. Water plants often during dry spells in the summer. Mulch the plants to help conserve moisture and suppress weeds.

## Harvesting

You can start harvesting when the plants are 6 to 8 inches tall, depending on which size leaves you desire. Cut off outer leaves 1-½ inches above the ground with a sharp knife. Avoid damaging the plant's center. Use the "cut-and-come-again" harvesting technique, taking the largest, oldest leaves and leaving the young ones to continue growing. Harvest

regularly, and the plants will produce continually. To extend the harvest, lift the plant, with roots in the soil, and transfer to a container in a greenhouse. Maintain the temperature at around 50°F. Initially, the chard will appear limp, but it should rebound.

## Interesting Facts

- Swiss chard was a medicine in ancient times. It was used to treat allergies, constipation, and general pain.
- Swiss chard is a descendant of the wild beet.
- Surprisingly, Swiss chard did NOT originate in Switzerland. Swiss chard's place of origin is Sicily, Italy. Legend has it that a Swiss botanist was responsible for determining the scientific name and 'Swiss' stuck.

## Recipes

### Sauteed Swiss Chard with Parmesan cheese

#### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons butter
- ½ small red onion, diced
- 1 tablespoon minced garlic
- 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- ½ cup dry white wine
- 1 tablespoon fresh lemon juice, or to taste
- 2 tablespoons freshly grated Parmesan cheese

- 1 pinch salt to taste

## Instructions

1. Step 1. Heat olive oil and butter together in a large skillet over medium-high heat. Stir in onion and garlic and sauté until fragrant, about 30 seconds. Add chard stems and white wine; simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves and cook until just wilted.
2. Step 2. Sprinkle lemon juice on top and stir to combine; add Parmesan cheese and season to taste with salt if needed.

[Sautéed Swiss Chard with Parmesan Cheese Recipe | Allrecipes](#)

## Sources

1. [How to Grow Swiss Chard in Containers – Bountiful Gardener](#)
2. [Swiss Chard Problems - Learn About Common Problems With Swiss Chard \(gardeningknowhow.com\)](#)

3. [7 Facts You Might Not Know About Swiss Chard | Blog \(freshcityfarms.com\)](https://freshcityfarms.com/blog/7-facts-you-might-not-know-about-swiss-chard/)
4. [Swiss Chard: How to Plant, Grow, and Harvest Swiss Chard | The Old Farmer's Almanac](https://www.theoldfarmer.com/swiss-chard-how-to-plant-grow-and-harvest-swiss-chard/)
5. [How to Transplant Swiss Chard Seedlings - Easy Gardening Hacks™](https://www.easycaregardening.com/how-to-transplant-swiss-chard-seedlings/)