Swiss Chard

What Am I?

Swiss chard is a leafy, green vegetable that can be enjoyed like spinach, kale and collard greens. It is known for its leaves, although the stalk of the plant can also be eaten. Many people grow Siss Chard in the home gardens.

How Do I Grow?

- Swiss chard grows in the ground and its leaves will flower above ground.
- Swiss chard grows well in both cool and warm environments.
- 6-8 hours of sunlight per day is required for Swiss chard to thrive.
- A 10-foot row of Swiss chard can produce roughly 12 pounds of produce.

Nutrition

Like other leafy greens, Swiss chard is high in vitamin A, vitamin K, calcium, potassium and fiber.

Fun Facts

- You may have heard of rhubarb, which is popular in desserts. This is a form of Swiss chard.
- Swiss chard can come in many colors including white, green, yellow, red, orange or purple.

WISCONSIN DEPARTMENT OF
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