



Swiss Chard

Planting from Seed

When to start seeds indoors: 4-6 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

2 weeks before spring frost date

Days of Germination: 5-7 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Direct sow or transplant into containers, raised beds, strawbales, hydroponic, hoop house, field grown.

Spacing: 4"-6" apart, rows 12"-18" apart

Companion plants: Beans, peas, cabbage. Avoid potatoes, corn, herbs.

Harvesting

1 seed = 1 to 1.5 lbs. of leaves

Days to Harvest: 30- 50 days

Directions: Begin harvesting when leaves are 6" long. Harvest the outside leaves first cutting about 1" above ground. Leave at least 1/3rd of the leaves to continue growing. Cut in the mornings to keep tender leaves cool, being careful not to break leaves or stems. Hydrocool by submerging in cold water. Store in perforated plastic at 32'.

Use in the Kitchen

Vegetable subgroup: Dark green

Preparation: Wash and chop (use stem)

Menu Planning Ideas: Sauté, add raw to salad greens, add to stir fry, soup, omelet

Suggested Flavor Enhancers: Garlic, milk and cheese



The Lifecycle of Farm to School

This institution is an equal opportunity provider.