



CHARD

WINTER

SPRING

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Chard is grown in the spring and fall. Sow 8 to 10 seeds, 1/2 to 3/4 inch (in.) deep, per foot of row. Space rows 18 to 30 in. apart. Thin seedlings to 4 to 6 in. apart. Harvest chard by cutting off the outer leaves once they have reached 8 to 12 in. long. Undisturbed inner leaves will continue to grow.



PREP

Rinse chard with cool water. Cut 1/2 in. off of the bottom of the stem. Remove the rest of the stem from the leaf by cutting it away. Cut stems into pieces and prepare steamed, sautéed, baked, or pickled. Prepare chard leaves raw, steamed, or sautéed.



EAT

Eat chard leaves in smoothies, casseroles, frittatas, quiches, or omelets for breakfast! Steamed or sautéed chard stems makes an incredible side dish at mealtimes. Enjoy chard leaves as an ingredient in a salad, soup, or pasta dish. Chard leaves can even be eaten on a pizza!



LEARN

Chard is a **vegetable** and is a member of the beet family. Chard is high in vitamins A and C! Fordhook Giant, Lucullus, Bright Lights, Rhubarb, and Orea are popular varieties of chard. The color of chard stems can be pink, purple, red, white, and yellow. Chard can grow over 2 feet tall!

