



Winter Vegetable Gardening Tips from Joyce Gemmell

Swiss Chard Leafy Crops

Swiss Chard is one of the best leafy green crops for our area because it is not only drought tolerant, but is also heat tolerant. It will go through a hot summer if spring planted and watered well. It is easy to grow from seed and leaves can be harvested in about 60 days. Like beet seed, chard also has a multiple seed ball so thin early and use the little plants in salad mix. Mature plants are large in diameter and need space. Plant seed ½ inch deep in rows 18 - 20 inches apart or start transplants set in the beds 18 inches apart on drip tape.



Chard varieties: **Forkhook Giant**, **Ruby** or **Rhubard** which have red stalks, or **Rainbow**, which is mixed seed of white, red and yellow stalks

Nutritional Information...

Nutritional value per 1 cup (175g), chopped and boiled.

Energy	35 kcal
Carbohydrates	7.2 g
Dietary fibre	3.7 g
Fat	0.1 g
Protein	3.3 g
Water	162.1 g
Potassium	961 mg
Calcium	102 mg
Phosphorus	58 mg
Vitamin A	275 µg(214%)
Vitamin C	32 mg(53%)

(From Pennington and Douglas, 2005. *Bowes and Church's Food Values of Commonly Used Portions.*)

Planting Date:
Coastal region
Seeds can be planted from September to June.
Inland Region
Seeds can be planted from September to April.