

Swiss Chard

Sarah St Peter and Manthy Tee

ENVS 210

What is it?

Swiss chard is a versatile green leaf vegetable. “Swiss” chard is actually a green leaf subcategory of chard plants. Red and rainbow (bright lights) are two other varieties.

Almost every part of Swiss chard is edible except the roots of the plant. In Botany, Swiss chard is categorized within the beet family. The leaves and stalk can be used in many different styles of cooking.

It is harvested June-October and the timing of the harvest can affect the taste of the vegetable. Chard that is harvested early is often used in salads, while the leaves of plants harvested later are often used in sauteed dishes.



Source:

<https://upload.wikimedia.org/wikipedia/commons/8/87/SwissChard.jpg>

How to grow your own Swiss Chard!

Soil requirements, Sunlight, Fertilizer needs

- Well-drained, rich, light, and loamy soil.
- Need either full or part Sun exposure.
- 1 cup of 5-10-10 fertilizer, mix in soil every 20 feet of single row.

Spacing

½ - ¾ inches deep, 18 inches apart in single rows or 10-18 inches apart in wide rows. 8-10 seeds per foot of row

Planting

Plant seeds 2-3 weeks before the last spring frost date, continue planting seeds every 10 days for a month. For fall harvest, plant seeds 40 days before the first fall frost date.

Caring

- Water plants evenly and more often during dry summer weather. 1 to 1.5 inches of water per week without rain.
- Mulching helps conserve moisture.
- Thin plants out when 3-4 inches tall until 4-6 inches apart, and 9-12 inches apart if plants are larger.
- When 1 foot tall, cut plants back if they have overgrown to avoid loss in flavor.

When to Harvest

When 6-8 inches tall, cut off the outer leaves 1 ½ inches above the ground with a sharp knife. If careful, this can allow new leaves to grow and supply another harvest.

Reason For Name:

The vegetable was made famous by a Swiss Botanist who grew the chard in Switzerland. However, the Mediterranean is the true home of chard.

Chard as a species has gone by many names such as spinach chard or silverbeet.

Chard as a species is thought to have been around for a long time. Aristotle mentioned the variety Ruby chard as early as 300 B.C. in one of his works.

How Do I cook Swiss Chard?

- Eaten raw, in salads or with other raw vegetables.
- Cooked similar to spinach.
- Ribs can be cut off chard leaves and cooked like asparagus.

Recipe for Swiss Chard

Source: <http://allrecipes.com/recipe/148889/sauteed-swiss-chard-with-parmesan-cheese/>

Sautéed Swiss Chard with Parmesan Cheese

Ingredients

- 2 tablespoons of butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- ½ small red onion, diced
- 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
- 2 tablespoons freshly grated Parmesan cheese
- Salt to taste (optional)

Directions

- Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.
- Recipe from <http://allrecipes.com>

Nutritional Facts

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Serving Size 1 cup 36g (36 g)

Servings per container 1

Amount Per Serving

Calories 7 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

 Saturated Fat 0g 0%

 Trans Fat

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrate 1g 0%

 Dietary Fiber 1g 2%

 Sugars 0g

Protein 1g

Vitamin A 44% • Vitamin C 18%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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