



# Chard

**Plant:** Form shallow rows about  $\frac{1}{2}$  inch deep and eight to twelve inches apart. Sow the seeds directly after all danger of frost has passed. Lightly cover the seeds with garden soil and water in well. Plant seeds every two weeks from early spring through early summer to provide a steady supply of chard all season.

**Grow:** Mulch around the plants when they are 2" tall. When the Swiss chard plants have reached four inches in height, the plants need to be thinned out to about 6-8 inches apart.

**Harvest:** Chard is a spring harvest plant. In the Northern Hemisphere, chard is typically ready to harvest as early as April and lasts through May. Chard is one of the more hearty leafy greens, with a harvest season typically lasting longer than kale, spinach or baby greens. When day-time temperatures start to regularly hit 85° Fahrenheit, the harvest season is coming to an end. Harvest mature chard when the leaves are eight inches by snipping the leaf off about one inch above garden soil level.

Swiss Chard, 1 cup fresh	
<b>Nutrition Facts</b>	
Serving Size (36g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 5</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 45%	Vitamin C 20%
Calcium 2%	Iron 4%

## Nutritional Information:

Swiss chard is high in vitamins A, K and C, antioxidants and phytonutrients. It is also rich in minerals such as calcium, dietary fiber and low in calories.

## How to Prepare:

Like kale, mustard greens, and collard greens Swiss chard is naturally bitter, pungent, and somewhat salty. All greens are tasty and more appetizing when sautéed or steamed and served with some sort of fat and acid. Sauté gently in butter, olive oil, or bacon fat or, to keep the calories lower, try steaming in water or broth, then adding feta or a hard cheese like parmesan. Perk them up with a squeeze of lemon or a dash of balsamic or apple cider vinegar. Olives are also a delicious note to cooked greens. Chard is also delicate enough to be eaten raw, as a bright addition to salad or slaw.



## Lentils and Swiss Chard

**Yields:** 4 servings

**Serving size:** 1/3 cup

### **Ingredients**

4 tablespoon Fresh Chard  
1/3 cup Dried Lentils  
1 cup Water  
1 ½ teaspoon Olive Oil  
3 tablespoon Yellow Onions, diced  
1 ¼ tablespoon Fresh Carrots  
1 tablespoon Fresh Celery  
½ teaspoon Fresh Garlic  
1/8 teaspoon Ground Cinnamon  
1/3 teaspoon Ground Cumin  
1/8 teaspoon Ground Black Pepper  
1 teaspoon Lemon Juice  
½ teaspoon Lemon Rind, Grated

### **Preparation**

1. Bring water to a boil. Add chard. Cook for 3 minutes. Shock in ice water. Chop coarsely. Set aside.
2. Place lentils and water in a large saucepan. Bring to a boil. Reduce heat and simmer for 20 to 25 minutes or until tender but not mushy. Drain and return to the saucepan.
3. Heat olive oil in sauté pan or skillet over medium heat. Add onion, carrots and celery. Cook until tender.
4. Add garlic, cinnamon, and cumin. Stir until heated through and fragrant.
5. Add vegetables/spice mixture and chard to the cooked lentils.
6. Add pepper, lemon juice and zest. Simmer for 5 to 6 minutes or until chard is tender.

### **Nutrition Facts per Serving:**

100 calories, 2 g fat, 14 g carbohydrates, 7 g fiber, 6 g protein