

Chard



Chard Facts

- Swiss chard is a green leafy vegetable and is also called spinach beet and bright lights.
- “Rainbow Chard” is a mixture of red, green and yellow stem chard.
- Did you know the word “Swiss” was added to the name chard to distinguish it from French spinach varieties?
- The stems of Swiss chard are usually white but can be red or yellow.
- The leaves of Swiss chard are usually green, shiny and ribbed.
- Swiss chard grows straight up from the ground.
- Swiss chard can be picked when the leaves are young and tender or after they mature when they are larger and have tougher stems.
- Swiss chard has a slightly bitter taste and tastes similar to spinach but is not as strong.
- When you cook Swiss chard its bitterness fades.
- Swiss chard, when young and tender, can be eaten raw in salads.
- It can be stir fried, added to soups and even stuffed.
- Swiss chard is a vegetable often used in Mediterranean cooking.
- In Europe, Swiss chard is served either hot or cold after it has been sautéed in olive oil and garlic and seasoned.
- The leaves of Swiss chard are more nutritious than the center stem.
- Swiss chard is extremely rich in vitamins K, A and C.

