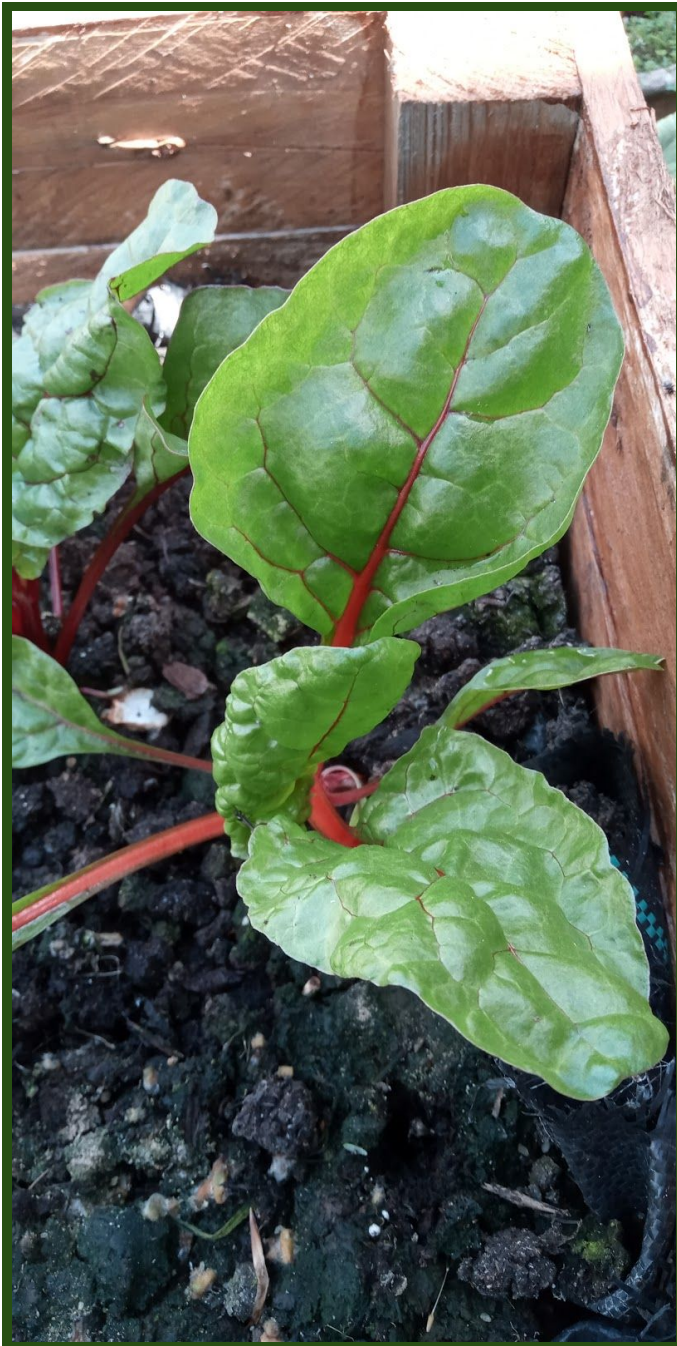


HOW TO GROW-SWISS CHARD

Fun fact- they belong to the Beetroot family and are also called Seakale beet.

25 May, 2020



The basic information

Annual edible.

- Sowing- sow in spring and again in mid-summer.
- Temperature -cool season crop below 18 celcius
- Sun -4 hours of sun a day, not too hot.

*Picture- rainbow chard red.
(young)*

HOW TO SOW AND PLANT THEM

For a continuous 12 month supply of chard, sow seeds in spring and again mid-late summer. Spring or summer sown chard will grow into the following year so finding a long term location for them is important with good soil.

When spacing them out make sure they're 30-40 cm apart, they can be closer together if you want a cut and come crop that won't produce as large leaves and is shorter lived. Cut and come again plants will also need winter protection.

The best location for them is in an area of your garden that isn't exposed to high heat, although they are more tolerant of high temperatures than spinach they can still bolt like in the picture. A part shaded area of your garden and soil with good amounts of nitrogen especially since these plants can be in that spot for up to 12 months.



Throughout the colder months cover with a cloche to shield against the frost

To harvest these plants, they're ready 12-18 weeks after sowing. start with the outer bottom leaves first and continue to harvest as necessary. If you start with the outer bottom leaves then this allows the plant to continue producing rather than picking the new leaves or the growth point.

You can also use thinnings in salads and they freeze well.