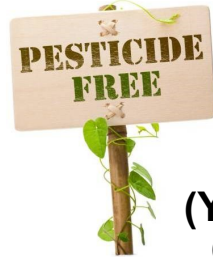


Rhubarb Red Swiss Chard



Swiss chard is in the goosefoot family (Chenopodiaceae) and is related to beets and spinach. Like spinach it is high in oxalic acid and benefits from boiling to reduce the mouth-puckering, mineral-binding substance. It can be found in soup, sautéed and salads.



Or 5 of the 9pk for \$20.00
(You may mix & match with 9pk of Lettuce, Broccoli Cauliflower, Cabbage & Spinach for the \$20 deal)

Beta vulgaris 'Rhubarb Red'

- **Use:** 'Rhubarb Red' is a confusing name for a Swiss chard, but is descriptive of the color: intense red stems and large puckered green leaves with red veins. It makes a great addition to the dinner table or can be used as an ornamental. Swiss chard has succulent, delicately flavored leaves and it is as attractive as it is nutritious, rich in vitamin A, vitamin K and antioxidants.
- **Exposure/Soil:** Full/part sun; well-draining soil and appreciates slow release fertilizer.
- **Growth:** Grows 12" tall and 6" wide.
- **Hardiness:** Zone 3-8; annual, winter hardy
- **Foliage/ Root:** The crimson-stemmed green leaves of red chard make a striking contrast in any salad. The leaves with thin stems can also be sautéed and braised. (50 days from sow to harvest) Leaves may be sautéed as well.
- **Flowers:** Not known for flowers.

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