

Ruby 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.

Beta vulgaris subs vulgaris 'Ruby Red'

- **Use:** An 1850s vigorous grower with a long growing season, it will provide fresh greens from early summer into fall, and year-round in mild climates. Packed with vitamins and minerals, young leaves are great for salads. Any size leaves can be steamed, stir-fried, added to lasagna, omelets, soups, and stews, and mixed with other greens. 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:** Large, deeply savoyed leaves. Vibrant, cherry-red stems. Mild flavor, high yield. The leaves with thin stems can also be sautéed and braised. (50 days from sow to harvest) Leaves may be sautéed as well. Pick outer leaves using the "cut-and-come-again" method once plants reach 6–8 inches tall.
- **Flowers:** Not known for flowers.

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