

# Swiss Chard

**Swiss chard is not  
from Switzerland.  
It is from the  
Mediterranean region.**



**CHARD  
FACT**

**1**

GARDEN STATE ON YOUR PLATE<sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



SM  
FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Swiss Chard

**The Greek philosopher  
Aristotle wrote  
about chard in the  
fourth century B.C.**



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**CHARD  
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**2**

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# Swiss Chard

**Chard acquired its common name from another Mediterranean vegetable, the cardoon, a celery-like plant with thick stalks that resemble those of chard. The French got the two confused and called them both "carde."**



**CHARD  
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**3**

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# Swiss Chard

**Swiss chard tolerates inattention, poor soil, and withstands frost and mild freezes.**



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**CHARD  
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**4**

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# Swiss Chard

**At Rutgers, scientists experimented with Swiss chard as a salad crop for moon or space stations.**



**CHARD  
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**5**

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# Swiss Chard

**Swiss chard stems  
may be red, yellow,  
creamy white  
or even multi-color.**



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**CHARD  
FACT**

**6**

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# Swiss Chard

**Plant Swiss chard early in the spring, and harvest all year. A four to six foot row will feed a family — with some left over to share.**



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**CHARD  
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**7**

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**Chlorophyll is a major contributor to the rich green color of Swiss chard.**



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**CHARD  
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**8**

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# Swiss Chard

**Swiss chard is  
high in vitamins  
A, K and C  
and in calcium.**



**CHARD  
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**9**

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**Swiss chard is a member of the chenopod family, which includes beets, spinach, and quinoa (pronounced KEEN-wah).**



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**CHARD  
FACT  
10**

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