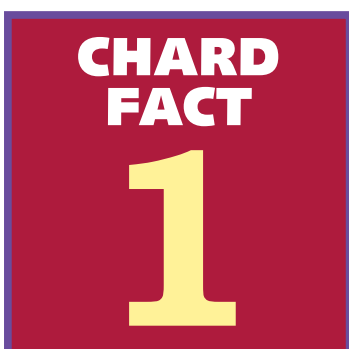# Swiss Chard

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

CHARD FACT

1

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

CHARD FACT

2

GARDEN STATE ON YOUR PLATE SM

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."

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CHARD FACT

3

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

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CHARD FACT 4

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

CHARD FACT

5

GARDEN STATE ON YOUR PLATE ℠

Swiss Chard

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

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CHARD FACT

6

GARDEN STATE ON YOUR PLATE SM

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 FACT

7

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

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CHARD FACT

8

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

CHARD FACT

9

GARDEN STATE ON YOUR PLATE SM

Swiss Chard

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

CHARD FACT 10

GARDEN STATE ON YOUR PLATE SM