



## Swiss Chard Planting Guide

### About Swiss Chard

Swiss chard is an annual, green, leafy vegetable with a pleasantly bitter taste, often used in salads. Once cooked, this vegetable's bitterness dissipates, turning into a mild, sweet taste similar to spinach. Chard is generally easy to grow- it just needs enough room, water, and a little bit of fertilizer.

### When to Plant

Sow seeds indoors in early spring, or 4-6 weeks prior to the last heavy frost. Or directly sow seeds into your garden 2-3 weeks before the last spring frost date.

### Where to Plant

Swiss chard prefers full sun and well-draining, rich, light soil. Prepare your planting area by turning over soil under to a depth of 8". Level with a rake to remove any clumps of grass or debris.

### How to Plant

If starting seeds indoors, sow about 1/2" deep, 2 seeds every 2". Thin to 4-6" apart. Plants are ready to be transplanted outdoors when the seedling has 3-4 true leaves. For direct sowing, seeds should be about 6" apart and covered with 1/2" fine soil. Compress seeds slightly into the soil and keep area evenly moist. Keep the soil moist but not saturated.

### Caring for Swiss Chard

Water 1-1.5" per week if it doesn't rain. When the plants reach about 5" in height, use a water soluble plant food to fertilize once a week. Seedlings typically emerge in about 7-14 days. Once seedlings are 2-4" tall, thin them out so that they are 12" apart. Harvest when the leaves are 8-10" long- cut the outer leaves 1-2" above the soil. Once you begin to harvest, you can continue until frost begins.