



## Chard

Gardeners are very fond of chard, not only because it is delicious to eat, but also because it can be so visually striking in the garden. As an ornamental plant in the garden during fall, winter, and early spring, it can have the colors white, orange, pink, red, and rose.

Chard is often likened to spinach. The leaves have similarities, although they are not related & chard is on an altogether larger scale in size. Chard leaves are larger and fleshy with distinctive ribs and the flavor is stronger and more robust than spinach.

Chard can tolerate most garden soils and with regular watering.

Harvest the young, small outer leaves and allow inner leaves to continue developing. Heads of chard should be fresh and bright green. It keeps better than spinach. Harvest leaves as they become large enough. Chard should be eaten within a couple of days of refrigeration.

It is popular in France where it is baked with rice, eggs, and milk in tians, and cooked in a celebrated pastry from Nice, Tourte de blettes, which is a sweet tart with raisins, pine nuts, apples, and chard bound together with eggs. It is also often combined with eggs in frittatas and tortillas.

For pies, frittatas and gratins, the leaves and ribs can be cooked together. Gently saute the ribs in butter or oil and then add the leaves a minute or so later. Alternately, the ribs can be simmered in a little water until tender and the leaves added a few minutes later or steamed over the top.

Good source for vitamins A and C as well as Iron.