Chard
June 2021
Beta Vulgaris

Plant: variety of beet; amaranth family
Part We Eat: Leaves and stalks
Growing Conditions: full sun to partial shade; happiest in cool to moderate temperatures but tolerates heat
Seed to Harvest Time: 4-6 weeks (then continues supplying leaves for months)
Originated From: The Mediterranean, as an ancient beet
Important Nutrients: Vitamins A and K, magnesium, iron, and potassium
Benefits: Vitamin K helps bone health, and minerals benefit heart health by lowering blood pressure and cholesterol
Fun Fact: Chard is queen of nicknames—It is also known as silver beet, spinach beet, seakale beet, mangold, perpetual spinach, strawberry spinach, Roman kale, or bright lights

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