

## How to Grow Swiss chard

### General

The succulent leaves of Swiss chard can be used much like spinach. You can even use the big ones to wrap "cabbage" rolls. The colourful stems can be cooked like asparagus. Enjoy the small leaves in salad. They grow easily and well in our climate and stand in the garden for many months, giving a long harvest from one planting.

### Latin

*Beta vulgaris var. cicla*  
Family: Amaranthaceae

### Difficulty

Easy

### Season & Zone

**Season:** Cool season

**Exposure:** Full sun

**Zone:** 2-10

### Timing

Direct sow mid-April to early August. Chard is moderately winter hardy. Optimal soil temperature: 10-30°C (50-85°F). Seeds should sprout in 7-14 days.

### Starting

Sow seeds 1cm (½") deep, spaced 10-30cm (4-12") apart in rows 45cm (18") apart.

### Growing

Ideal pH: 6.0-6.5. Swiss chard prefers loose, deep, and fertile soil rich in organic matter. Plenty of consistent moisture is required, especially as plants grow larger. It grows best in full sun, but will tolerate light shade in summer. A liquid fertilizer or compost tea applied twice during summer will keep chard growing well.

### Harvest

For salad mix, seed more densely and cut as baby leaves. Cut individual mature stalks using the large outer ones first.

### Companion Planting

Beans, Brassicas, and onions make the best companions for chard.



Swiss Chard

