

# Chard



## Method:

Sow direct or raise seedlings

## When:

Spring, summer and autumn (or anytime outside of frost)

## Hardiness /

### Life Cycle:

Hardy Perennial

## Germination:

5-10 days at 10-30°C

Chard, also known as Silverbeet or scientifically as *Beta vulgaris* is a vegetable composed of large green leaves along with a large green stalk running through the centre.

- A leafy vegetable
- Come in many vibrant colours
- Good source of Vitamin A and C

It is often prepared separately from the leaf blade. Stems can come in a range of colours; hence this gives its alternative name; rainbow chard. The size of the plant can get up to 60 cm (23.6 in). Native to the Mediterranean it has a very earthy flavour which can be used similarly to spinach.



Sowing Depth:

15 mm



Plant Spacing:

30 cm



Row Spacing:

50 cm



Position:

Full sun, moist well drained soil

Days to Maturity/

58-70 days

Flowering: