

Method:

Sow direct or raise seedlings

When:

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

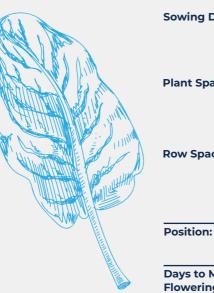
Hardiness / Life Cycle: Hardy Perennial

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

Full sun, moist well drained soil

Days to Maturity/ Flowering:

58-70 days