

# Swiss Chard

## Nebraska Seasonal Produce Guide

Swiss chard has green leaves with stems that can be red, white, or yellow. The flavor is a combination of mild, earthy, sweet, and slightly bitter.



**EXTENSION**  
Health & Wellbeing

### Why Should I Eat This?

Swiss chard is an excellent source of vitamin C, which helps heal cuts and wounds. It is also an excellent source of vitamin A, which helps keep eyes and skin healthy, along with protecting against infections. Swiss chard also contains magnesium, which helps maintain normal nerve and muscle function.



### Proper Storage

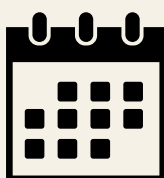
Store unwashed Swiss chard in a plastic bag in the crisper drawer of the refrigerator for up to 3 days.

### Make a Good Selection

Select fresh Swiss chard with dark green leaves; avoid discolored or damaged leaves. Look for stalks that are not split or damaged.

### How Could I Use This?

- Add Swiss chard to a pasta dish or lasagna
- Try Swiss chard in your morning omelet or quiche
- Sauté or steam it and eat it as a side dish
- Try creamed Swiss chard by steaming it and mixing it with creamed cheese and green onions
- Add it to a stew or soup
- Top your homemade pizza with Swiss chard
- Try adding it to your stir-fry



### Seasonal Availability in Nebraska

**Harvest Season:** May through September

**Market Availability:** May through September



LEARN MORE AT **FOOD.UNL.EDU**

*The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026*