

Swiss Chard



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

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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 and helps to protect 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 crisper drawer of the refrigerator for up to three days.

Make a Good Selection

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

How Could I Use This?

- Add Swiss chard to a pasta dish or lasagna
- Try Swiss chard in your morning omelet or a quiche
- Sauté or steam it and eat it as aside 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

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST				✓	✓	✓			✓	✓	✓	
MARKET					✓	✓	✓	✓	✓	✓	✓	



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