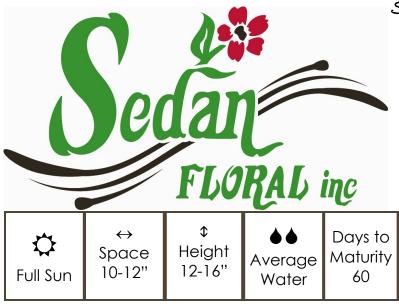
## Harvest a Healthy Life TM



## SEDAN FLORAL GROWN SAFE

TM



## SWISS CHARD BRIGHT LIGHTS

Check out this edible landscape known as Swiss Chard, considered to be one of the healthiest vegetables available.

The leaves are always a nice bronze to dark green color, while the stalks vary in colors, such as yellow, gold, orange, pink, violet, green, white, red and striped. Making it a great addition to any landscape or dinner plate.

## Harvest Instructions

Harvest Swiss Chard while the leaves are young and tender for a colorful salad or wait till the leaves are larger for a spinach like taste when cooked.

Don't forget the stalks can be chopped up and sautéed, making three great ways to be enjoyed.



A fresh and healthy way to better líving TM







No fat, low in calories

Source of Fiber, Vitamins A & C, Iron and Folate



