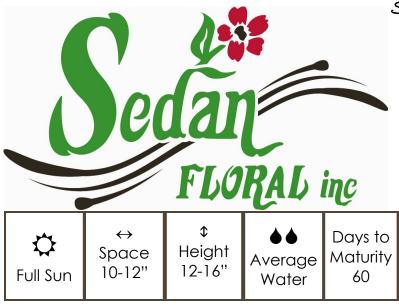
Harvest a Healthy Life TM



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



