



SEDAN FLORAL GROWN SAFE



 Full Sun	 Space 10-12"	 Height 12-16"	 Average Water	Days to Maturity 60
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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.

Plant it Here!

Gardens
Containers
Beds

Serve it up

Raw
Sautéed

Health Benefits

No fat, low in calories
Source of Fiber, Vitamins
A & C, Iron and Folate

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 living™

