



Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



**Herbs, Seeds & Goods
For the Gardener Cook**

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CHARD - *Beta vulgaris ssp. cicla*. called one of the "Vegetable Valedictorians" for its impressive nutrient content: Vitamins A,C, E, and K; magnesium, manganese, potassium, iron, fiber, and more. One of the highest yielding garden greens and absolutely beautiful in any garden-vegetable, herb, container or in a mixed border. Delicious simply sauteed with onions and garlic in olive oil; add sliced stems first as they take longer to cook than chopped leaves. For an Asian twist, substitute toasted sesame oil and add sesame seeds before serving. Enjoy multiple harvests using the "cut and cut again" technique. Sow seeds in early spring and again in midsummer for fall and winter.

Planting Recommendations: Sow seeds in spring after danger of frost has passed and soil temperatures have reached a minimum of 50° to 85°. optimum is 80°. Plant in well prepared soil that has been enriched with compost or garden fertilizer. Sow seeds 1/2" deep, in rows spaced 18" apart. As plants grown, thin to 4-5" apart. Use the thinnings in salads or other dishes. Water moderately on a regular basis. Make successive plantings for continuous harvest. Can tolerate light frosts in spring and fall. Will overwinter without cover in moderate climates.

History: Wild beets or chard are believed to have originated in the Mediterranean spreading eastward in prehistoric times. Wild beet leaves were harvested for use as a potherb by people inhabiting the Mediterranean, Asia Minor, the Caucasus and the Near East. The varieties of chard grown today have been known for hundreds or thousands of years. Aristotle wrote about red chard in the 4th century and the Greeks and Romans often wrote about chard. In the 16th century a Swiss botanist described a yellow form, the latest to be recorded, completing the list of types known today.

Planting Info:

Planting Depth: 1/2 "

Germination Temp: 50°- 85°

Days to Germinate: 6-10

Growing Soil Temp: 60°- 65°

Spacing: 4"-5"

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 1250-2000

Seeds per gram: Approx. 45-90

4 gram packet plants 15 ft.—1 oz. plants 100 ft.

BEET, FRUIT AND CHARD SALAD

Cooked greens make a delicious salad base. This was an evening to find a purpose for accumulated ingredients. We had leftover multi-colored Swiss Chard which was braised in a little olive oil and garlic. The stems and garlic were cooked for three minutes before coarsely chopped leaves were added.

Our other ingredients were also ready:

2 medium baked beets

1 orange, peeled

1 mango, peeled

1 tablespoon wine vinegar

1 tablespoon walnut oil

1/4 cup crumbled goat or feta cheese

1/4 cup chopped parsley salt to taste

Slice beets, orange and mango into a dish. Dress with vinegar and oil. Layer over greens, sprinkle first with parsley and then cheese. A few added walnuts would be good. Another version for beet and salad would be sliced pears and a sprinkling of dried cranberries. Fresh tarragon would be a good herb along with parsley.

Our Neon chard is large leaved and quite beautiful in mid spring. This is from last year's planting and chard makes great regrowth once spring arrives.

Chard belongs in every garden and is pretty enough to add to a flower bed.