



Chard

Produced by:



— THE LAND —
CONNECTION

Fun Facts:

- Chard will produce stems that are white, yellow, orange, or crimson in color.
- Chard is actually closely related to beets but was chosen for leaf formation as opposed to root storage formation.
- Chard can reach up to 28 inches in height.

Nutrition Information:

- Chard is rich in vitamins A, K, and C, and is an excellent source of vitamin E, magnesium, manganese, iron, and potassium.
- When chard is boiled, vitamin and mineral contents are reduced compared to raw chard, but not to a great degree.

Preparation:

- Dunk the leaves in a sink filled with cold water using your hands to swish them around and push them under. Check the leaves for soil and garden pests. Refill the sink and repeat as necessary until clean.
- If leaves are large and mature, you may want to remove the stems and cook separately, though this is not required as chard stems tend to be relatively tender. Young tender leaves can be cooked whole.

Cooking:

Learn more at www.thelandconnection.org

Raw: chop or ribbon chard for salads, stir-fries, egg dishes, or soups/stews.

Steam: remove the stems and cut the leaves into large ribbons and the stems into 1-inch chunks. In separate batches, place the stems and leaves into a pot with a steamer basket over an inch of water, cover, and cook. Steam the stems for 6-9 minutes and the leaves for 3-5 minutes.

Grill: take whole leaves and drizzle or brush them with oil (sesame or olive works well), sprinkle with desired seasoning, place on the edge of a hot grill, cover, and cook for 2-5 minutes until both sides have some char.

Sauté: cut the leaves into thick ribbons and sauté in a skillet or sauté pan with oil, salt, and pepper until the chard has just started to go limp. Remove it from the heat immediately so you don't overcook it.

Microwave: wash, remove the stems, chop the leaves, place the damp leaves in a quart baking dish, cover, and cook on high until tender (approximately 5-8 minutes) stirring every 3 minutes. Let stand, covered, for 2 minutes.

Storage:

- Wrap chard in a damp paper towel or in a plastic bag and refrigerate. Chard is best used fresh but will last for 4-5 days if stored properly.
- For longer-term storage, chard can be frozen. Wash, de-stem below the leaf, cut leaves into thick ribbons, and drop the pieces in boiling water for 2 minutes. Remove from the water and rinse under cold water or put in an ice bath to stop its cooking. Drain, let dry, and pack into airtight containers or freezer bags.