



# Grow your own...

## Swiss Chard

You won't see these leaves in the supermarket but they can supply you with fresh greens all through the winter months.

You can use small leaves for salads and larger leaves for cooking.

- ✓ Easy to grow
- ✓ Contains Fibre
- ✓ Contains Vitamins
- ✓ Sow in Spring or Autumn
- ✓ Grow in your windowsill
- ✓ Harvest in 6-8 weeks

From your growing pack, you will need:

✓ Compost

✓ Container



PLANT

1. Sow seed thinly in pots or seed trays and give a light covering of compost. You can also sow directly in the soil in rows 40cm apart.
2. Water lightly and cover with cling film.
3. If growing in pots or trays, place them in a sunny windowsill.



GROW

1. Once they start to grow in the pots or trays, remove the cling film.
2. Keep the compost moist, not too wet or dry.
3. Thin seedlings as they get crowded and eat or transplant outside.
4. Final spacing outside should be about 20cm in a grid pattern.
5. Water if it's dry and keep weeded around the plants.



EAT

1. Pick or cut off the largest outer leaves once they are ready (after 4-6 weeks).
2. For a longer harvest protect with fleece if risk of frost and remove any flower stalks that form.

**Top tip:** Sauté the stalks before adding the leaves to dishes

**Did you know:** You can eat the flower stalks like sprouting broccoli