

ALLOTINABOX®

SEED HELP

No.1 SWISS CHARD

Swiss Chard

These crops are so easy to grow and one sowing will keep providing an abundance of picking for months. Grow chard to maturity and keep picking the outer leaves and you'll have this plant for as long as nine months!

Swiss Chard is actually a member of the beet family and is mainly grown for summer picking, but you can still harvest well into Autumn and Winter if you look after them well. For best results, sow these seeds in mid spring indoors and then move them to a sunnier spot in a larger pot, window box or garden.

Sow your seeds really thinly about an inch deep in your small container, make sure when you transport it to give your plant around 10cm room to grow. Chard generally needs watering around every two weeks during drier periods and you should see a healthy harvest in around 12 weeks. As said earlier, keep picking the outer leaves and stems to prolong the growth and take care over the winter by covering and protecting the crown. This is a great grower and also brightens up your growing space with its beautiful leaves and contrasting stem.

Much like spinach, it's easy to grow in the cooler seasons such as spring and autumn. Chard is generally a lot more hardy than greens such as kale and spinach but has a much more delicate taste. It is also one of the most nutrient rich vegetables, crammed with calcium and vitamins C, K, A.

These leaves are becoming incredibly popular in recipes but not really stocked in many shops other than large supermarkets. That's why growing your own Swiss Chard feels so good, saving you money and getting fresh tasty produce on demand!

Similar to Spinach you can cook Swiss Chard by steaming the leaves and add butter and black pepper for a super tasty side, definitely giving Asparagus a run for it's money!

Happy Growing!

