



SUSTAINABLE HOLLY

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PLANT OF  
THE MONTH

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RAINBOW CHARD

JUNE 2021

# RAINBOW CHARD

*Beta vulgaris*

Rainbow Chard or Swiss Chard is actually part of the Beetroot family. Although Rainbow Chard doesn't form a root like beetroot, it does have beautiful lush leaves with colourful stems. Rainbow chard is a staple crop to grow because it produces a lot of food on just a couple plants. It also adds beautiful colour to your garden and dishes during the winter months.

## How to grow

Rainbow Chard likes cool temperatures and a sunny location. It will also grow in dappled shade at a slower rate which can be good because it is such a generous plant. This slower growth can be a strategic move if you want to plant multiple colour varieties and not be overwhelmed with too much produce.

## Varieties

There are many different varieties and colours of chard. They range in colours from white, pink, yellow, orange and red. The pink peppermint one is a favourite of mine!

## Climate

Rainbow Chard grows best in Autumn and Winter. It can wilt in warm weather. Chard will also tolerate some frosts.

## Care / maintenance

Rainbow Chard grows in such abundance so it is best to pick the outer leaves regularly. Keep them well watered.

## Pests

Chard is pretty hardy against pests but slugs, snails and slatters can be a problem especially while the plants are young. Plant a few extras throughout your garden and you will be sure to have more than enough chard to eat!

## Reproduce

Chard seeds can be saved but they usually will only go to seed after their second season as they are Biennial crops. Once the weather gets too hot they will send up flowers and these will turn to seeds. Save the seeds and keep them in a cool, dry, dark space.



## Harvesting

Chard is a powerhouse in the vegetable garden because it produces in such abundance.

Rainbow Chard is also a top performer because you can just harvest a few stalks at a time and use what you need.

If you do pick too much chard for your meal, place the stalks in a jar of water to keep it fresh and hydrated and use the following day.

## Cooking

Rainbow chard not only brings colour to the garden, but also to the plate. Use chard leaves just like spinach and the colourful stems can be stir-fried, sautéed or even pickled.

Add Rainbow Chard to the end of any meal such as curry, soup, stir-fry, omelette or in a salad.

Just like spinach, chard cooks down to a small amount so don't be afraid to add in a little extra.

Sautéed Rainbow Chard in butter and garlic makes a quick and easy side dish.

## Preserving your harvest

Rainbow Chard can be frozen to add to soups and stocks. The colourful stems can also be pickled and stored in the refrigerator.

## BEST OF RAINBOW CHARD

- Quick producing and hardy.
- Produce an abundance of food from each plant.
- Good base crop for self-sufficiency
- Versatility - can be used in a wide range of ways and dishes.
- Easy to prepare for meals.
- Low maintenance care.
- Can be grown in pots or the garden.
- Can be grown in shade or full sun.
- Staple greens for nutrients.
- Adds colour to the garden and plate.