

# How to Grow *Swiss Chard*

Dense in nutrients, packed with flavour, hard to resist.



## Why We Love Swiss Chard

Are you familiar with Swiss chard? Related to beets, this nutrient-dense, delicious, versatile vegetable doesn't get nearly the amount of attention as popular greens such as spinach and kale. But it should! An excellent source of vitamins A, B, C, K, heart-healthy omega-3 fatty acids, calcium, copper, iron, manganese, phosphorus and potassium—it's among the healthiest foods you can eat.

## Varieties

- **Rainbow** - a mix of white-stemmed Swiss chard, red chard, and golden chard. When these three power players come together, they pack in a lot of flavour.
- **Fordhook** - Medium-green, crinkly leaves and a white stalk. Highly productive and resists bolting, resulting in a longer growing season
- **Bionda di Lyon** - Pale-green, smooth leaves and a white stalk. Less fibre than other types of chard, so the plant is tender with a mild flavour.
- **Rhubarb Chard** - Deep-green, crinkly leaves with bright crimson stalks that contain phyto-nutrients called betalains. This variety is frost-sensitive, unlike other types of chard.
- **Magenta Sunset** - Red stalk and medium-green, smooth leaves with a mild flavour.
- **Bright Lights** - Its green and bronze leaves are slightly crinkled, and the stems range from orange and yellow to purple and pink. Milder and more frost-sensitive than regular chard.

## What You'll Need

- Tower Garden Growing System
- Seeds included in your [Seedling Starter Kit](#)
- Net Pots
- [LED Indoor Grow Lights](#) (for indoor growing)
- Access to power source

## Directions

1. Germinate your seeds. This step will take roughly 1-2 weeks. When your seeds have sprouted to about 6 cm tall, they should be ready for transplant (about 2-3 weeks after sprouting)
2. Place one seedling cube into each net pot on your Tower Garden Growing System. Because Swiss chard grows tall, we recommend planting it towards **the top of your Tower Garden**.
3. Gently press the seedling cube until it touches the base of the net pot.

### GROWING INFORMATION

## Swiss Chard

### DIFFICULTY



### INDOOR VS. OUTDOOR

**Both**

### TIME TO HARVEST

**4 weeks**

### BEST TOWER POSITION

**Top**



## Growing Conditions

**Temperature:** 10°C–21°C

### Light

For outdoor – minimum 6-8 hours of full sunlight daily

For indoor – set grow light timer for 14-16 hours on, 8-10 hours off

### Watering Cycle

Please set the Tower timer to "O" for outdoor growing or "I" for indoor growing.



## Maintenance & Pest Prevention

- Check water and pH levels at least weekly.
- Keep roots away from pump.
- If not in full sun when outdoors, rotate garden regularly for even growing.
- Clean pump monthly.
- Check regularly for pests.
- Remove or dispose of any dead or diseased plant material.



## Harvesting

- Cut leaves near the base, being careful not to cut the stems of the inner leaves.
- Harvest the mature leaves first, leaving smaller leaves for continued production.
- Pick no more than 3–5 mature leaves from a plant at a time.
- Harvest often, as this encourages new growth.
- Remove old leaves that have lost their glossy sheen.
- Rinse and bag all unused leaves, which will last 4 days in the refrigerator.



## Ways to Enjoy

- **Salads** – rather than lettuce, throw Swiss chard into your salad for a heart-healthy lunch. You can find recipes for a Mixed Green Salad, a Power Salad, and a Quinoa Herb Salad on our website.
- **Sides** – sautee your Swiss chard on the stovetop. Once wilted, season with salt, pepper, lemon juice, and parmesan cheese for added flavour.
- **Scrambled Eggs** – Up the nutritional ante of your morning eggs with chard!

For more information about growing chard, please visit [towergarden.com](http://towergarden.com).

