

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing chard

Swiss chard is another way to eat nutrient-rich, leafy greens. Chard is a member of the beet family, just without the bulb, and it comes in a variety of different hues. The color does not affect the taste of the swiss chard.

### To plant:

Swiss chard does well in a garden as well as a patio pot. Swiss chard seeds can be planted as soon as the soil can be worked, and a little spring frost won't hurt them. To harvest the crop even earlier, start the seeds indoors and move outdoors when nighttime temperatures are no lower than 28 degrees. Plant the seeds 1/2-inch-deep and up to 1 inch apart in rows set 3 feet apart. Thin the seedlings to 2 or 3 inches apart, though the plants don't react poorly to overcrowding.

### To grow:

Like most vegetables, swiss chard does best in full sun. The plant isn't a picky one though, and it can tolerate some shade. Mulch with grass clippings or compost to add extra nutrients to the plants' growth, and water moderately. If the plant doesn't receive enough water, it may become bitter to the taste.

### To harvest:

Swiss chard grows fast, and it is usually ready to harvest four to six weeks after planting. One crop planting can supply leaves for months. Begin harvesting when the plant reaches 9 inches tall, though the tender baby leaves can be used in fresh salads. Once a leaf is cut, a new one grows in its place. Harvesting can be done by cutting off the individual leaves or cutting the entire plant at its base, about an inch above soil. The plant will still regrow if it is cut.



Bright Lights Swiss Chard seeds  
available at [ufseeds.com](http://ufseeds.com)

### What swiss chard craves:

Swiss chard requires moderate watering and soil with a pH of 6.0 to 6.5.

### Where to buy swiss chard seeds:

Urban Farmer sells a variety of dark, leafy swiss chard seeds. Check out our website at [ufseeds.com](http://ufseeds.com)!



100%  
Non-GMO Seed



One Day  
Shipping



100%  
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