

## Swiss Chard

### Ruby Red/Rhubarb Variety

### PLANTING GUIDE

Fun Facts: Swiss Chard is from the Chenopod family (includes spinach, beets and quinoa);  
Chard is originally from the Mediterranean

#### HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** Tall plants can create afternoon shade. How can we plant so that both veggie types receive good sun? Divide your plot in half. Plant the tall veggies on the north or east side of your plot if possible. Chard can be **12"** tall.
3. **Row spacing.** Most plots will accommodate 1-2 rows of swiss chard. **Space rows 18" apart.** Consider where your rows will be relative to the drip irrigation lines, which should be arranged to provide even watering.
4. **Hole spacing.** Space holes every **8"**
5. **Seed depth.** Use popsicle stick to gently make a **1/2" deep hole**
6. **Seeds per hole.** Add **2 seeds per hole.** Cover with soil.
7. **Mark your hole.** Place a craft stick NEXT TO each seed grouping (do not place sticks directly on top of seeds). Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
8. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
9. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

#### MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **5-10 days.**
2. **Thin seedlings** (when **½"** tall) to **1 every 8"**
3. **Observe your plants regularly.**
4. **Insects.** Look for insects that might munch on the leaves!

#### HARVEST:

- **~ 50-60 days (Ruby Red Swiss chard)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- Pick the outer leaves as needed when plant is at least 10" tall and let more leaves grow from the center of the plant; OR, if desired, harvest the whole plant 2" above ground, and it will grow back. Pick very young leaves, 2"-3" to use fresh in salads.

[https://www.botanicalinterests.com/product/swiss-chard-ruby-red-rhubarb-organic-heirloom-seeds/srch:swiss chard](https://www.botanicalinterests.com/product/swiss-chard-ruby-red-rhubarb-organic-heirloom-seeds/srch:swiss%20chard)