

Swiss chard



Description

Chard is a leafy vegetable eaten for its large-ribbed leaves, also known as chard. It can be white, red or yellow.

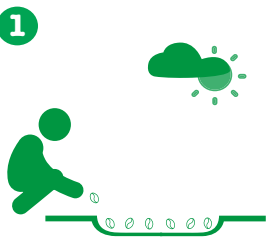
Enjoy in salads like spinach shoots, or cooked in its entirety to bring out all its flavors.

Watering

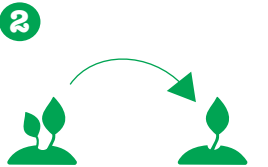


Water regularly to keep the soil moist.

Sowing



1 Sow in rows: dig furrows 2 cm deep, 30 cm apart. Place seeds and cover with soil. Water in fine rain.



2 As soon as 4-5 leaves appear, keep only the most vigorous plants.

Maintenance

Weeding and hoe regularly to limit weeds.

Mulching will reduce the frequency of watering.

Harvest



Harvesting takes place around 2 months after sowing, by cutting them flush with the ground.

Tips

A number of plants can be combined with swiss chard to protect it from pests and ensure their growth: carrots, radishes, cabbage and flowers, marigold and nasturtium.

Companion plants ✓



To avoid ✗

