



Know What You Grow!



Chard

Scientific Name: *Beta vulgaris* L.
var. cicla

Recommended Varieties:

- Lucullus
- Rhubarb Chard
- Rainbow and Bright Lights

Common Pest(s):

Slugs, snails, leafminers, leafhoppers, ants, aphids, worms, and whiteflies.

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Growing Information

Cool Season Plant

Chard is a cool-season crop that grows best when air temperatures are between 50°F and 64°F.

Ideal Planting Window

Inland Valley: February; August

Desert: September – October

Growing Guidance

It will grow well in cool and warm weather in some regions and can be planted in early spring and late summer. Minimum soil temperature for seed germination is 41°F. Optimal temperatures for germination are 50°F to 86°F. The maximum temperature for germination is 95°F. Chard will tolerate frost and mild freezes.

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Interesting Facts

This beet relative and Mediterranean native has been cultivated for centuries. Chard provides plenty of nutrition and good taste, along with more heat tolerance than many kinds of greens.

How chard acquired the adjective Swiss in its name remains a mystery, since it has nothing to do with Switzerland! It is also referred to simply as chard. The name chard is reputed to have come from either the French word for cardoon, a different vegetable that resembles an artichoke plant, or from the Latin word *cardus*, for thistle.

To add to the confusion, chard has acquired a variety of other common names. In English, it's been known variously as silverbeet, strawberry spinach, Roman kale, and leaf beet, among others.

Chard is a biennial plant, meaning it has a two-year life cycle, but it is cultivated as an annual in the vegetable garden and harvested in its first season of growth.

Both the leaves and stalks of chard are edible. Young leaves may be eaten raw in salads, while older leaves and stalks are generally served cooked.

[Kidsgardening](#)

Contact Information



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Nutritional Information

Nutritional Value

One cup of Chard provides: **Calories:** 35, **Protein:** 3.3 grams, **Carbs:** 7 grams, **Fiber:** 3.7 grams, **Vitamin K:** 477%, **Vitamin A:** 60%, **Magnesium:** 36%, **Vitamin C:** 35%, **Copper:** 32%, **Manganese:** 25%, **Iron:** 22%, **Vitamin E:** 22%, **Potassium:** 20%, **Calcium:** 8% of the Daily Value

[Healthline](#)

Sauteed Chard with Parmesan



Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 small red onion, diced
- 1 bunch Swiss chard, stems and center ribs chopped together, leaves coarsely chopped separately
- 1 tablespoon fresh lemon juice, or to taste
- 2 tablespoons freshly grated Parmesan cheese and salt to taste

Prepare: Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

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