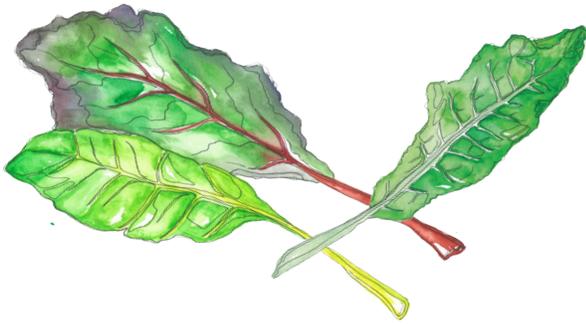


SWISS CHARD

Educator | VermontHarvestoftheMonth.org



Varieties

Fordhook Giant, Lucullus, Golden, Pink Passion, Rainbow Mix, Ruby or Rhubarb Red, Silverado, Bright Lights, Neon Lights

Benefits

Swiss chard is very low in calories and is an excellent source of vitamins A, K, and C. Swiss chard is rich in protein, fiber, and minerals including potassium and iron.

History of Swiss Chard

Chard is a relative of the beet and is native to the Mediterranean region. Both Ancient Greeks and Romans recognized chard for its medicinal properties- it can detoxify the body and supports the liver and lungs. This crop is now known as Swiss chard because it was first described by a Swiss botanist in the 16th century.

Fun Facts

- Chard is related to beets but does not produce the round roots, the beet. But this is why their leaves look so similar.
- Rainbow chard is a variety of chard with brightly colored stems that come in a range of colors including white, yellow, gold, orange, pink, red, or even striped.
- In South Africa, Swiss chard is simply called spinach.

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

CLASSROOM CONNECTIONS

Science | Observing Swiss Chard

Supplies needed:

Drawing tools, journal page or handout, a few Swiss chard leaves, Rainbow chard if possible.

Directions:

- Have students take 5 or 10 minutes to look carefully at some real life examples of Swiss chard.
- Encourage students to draw the Swiss chard on paper or to write down what they observe about the Swiss chard.
- Have a conversation discussing what the students observed, why Swiss chard grows well in Vermont, and why it is healthy to eat.
- This is a great opportunity for students to develop their observation skills and create new interest in a healthy vegetable.

(Source: Vital Communities)

English | Comparing Cooked and Raw Swiss Chard

Supplies needed:

Samples of raw Swiss chard and cooked Swiss chard (either steamed, blanched, braised, sautéed, or a variety).

Directions:

- Prepare samples of Swiss chard, both raw and cooked.
- Have students take part in a taste test, encouraging them to observe the differences between the raw Swiss chard and the cooked Swiss chard.
- Hold a conversation about what the students observed and take a survey to find out what they liked the best.

Guiding words:

Senses: taste, touch, smell

Texture: smooth, rough, soft, hard

Taste: bitter

(Source: Vital Communities)