



# GTCG WEEKLY

## Recipes, Garden Pests and TidBits

Newsletter

Issue #5

### Swiss Chard

[Scientific name: *Beta Vulgaris* var. *Cicla*]

#### GROWTH

Similar to beet varieties, the stems and the leaves of Swiss chard both can be eaten cooked or raw. Chard grows quickly and easily during the cooler temperatures, but is also quite tolerant of hotter temperatures as well. This plant grows best in full sun, with well-draining soil and a soil pH of 6-7. Before planting, mix aged manure into soil to boost fertility.

#### DISEASES/PESTS

Flea beetles leave a ton of tiny holes in leaves. To eradicate, use row covers and mulch heavily. Another common pest on these plants are slugs and snails. These mollusks also leave holes in leaves and leave slimy secretions on plants and soil. Hand pick these off of the leaves and avoid thick bark mulch. To draw pests out, lay boards on soil in the evening, and in the morning, dispose of the pests in hot soapy water.



#### HISTORY

Swiss chard is not from Switzerland. It was named by Swiss botanist Karl Koch.



#### PRESERVATION

Store leaves in the refrigerator in a ventilated plastic bag. Use a sharp knife to separate the leaves from the ribs and prepare Swiss chard like spinach:

1. Rinse leaves in cold water to remove soil. Tear larger leaves into small pieces.
2. Blanch the leaves: Fill a large stock pot with 1 to 2 inches of water, and bring that to a boil. Place spinach in a colander or steamer basket and put on top of the pot. Cover with lid to steam heat and cook until wilted, about two minutes.
3. Have a bowl of ice water and another empty bowl on top. After blanching, transfer chard from basket into an empty bowl and stir constantly to cool chard.
4. Once the chard is cold, place into freezer bags and flatten bags before sealing to save space. Keep greens for up to 12 months.

# Recipe of the Week

## Garlicky Swiss Chard



### INGREDIENTS

- 2 bunches Swiss chard, stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Large pinch red pepper flakes

### DIRECTIONS

1. Stack chard leaves on top of each other, and slice into ¼-inch strips.
2. Heat olive oil in a large skillet or pot over medium heat, add garlic and red pepper flakes, and cook until fragrant.
3. Stir chard in, coating with oil. Cover pan and cook for two minutes until the chard is wilted. Uncover and cook for two minutes longer.
4. Serve with a fried egg or a slice of sourdough bread smeared with whipped ricotta cheese and topped with garlicky Swiss chard.

### CONSUMPTION

Use a sharp knife and cut along the ribs to separate the leaves. The leaves are eaten as greens and can be steamed or cooked like spinach or eaten raw. The ribs can be prepared like asparagus (steamed, roasted, sauteed).

### NUTRITION

Makes 6 servings. Each serving provides 50 calories, 2.5 grams (g) fat, 3 g protein, 6 g carbohydrate, 2 g fiber and 320 mg sodium.



Swiss chard, a member of the beet family, does well in cool and warm weather, making it the perfect spring and summer vegetable. This nutritional superfood is high in vitamins A, C and K.

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