



SWISS CHARD

Beta vulgaris

12-18" Spacing • 12-24" Height
Biennial • Full sun • Zone 5-11

- Mild taste with rainbow colours
- Substitute for spinach
- Stalks can be eaten like celery
- Use as colourful border in your garden
- Matures in 50-60 days
- Best used raw, steamed or stir-fried

