

Beets and Chard

(Goosefoot family - B)



Seed Starting/Propagation:

Sprinkle seeds into prepared soil when the temperatures are in the mid 50's or plant 4 chard plants per square foot and 9 beets per square foot. Keep seeds moist until they germinate. Thin seedlings when 3-6" tall to about 4" apart. Chard can be started indoors 7 weeks before last frost (last week in March) then transplant in garden 3 weeks before last frost (last week in April).

Care:

Keep moist while seedlings are young, up to 3" a week – water daily if needed. Mulch once plants are established and take watering down to once or twice weekly. Cut off any yellow or overgrown outer leaves.

Companions:

Plant next to bush beans (not pole), onions, kohlrabi, lettuce and cabbage family. Keep away from mustard and pole beans.

Harvesting:

Chard can be harvested when 6-9" tall, start cutting from the outer edge, do not let the leaves get too large. Pull beets up from the greens when the root is about the size of a ping pong ball.

Preserving:

Beets can be pickled, bottled and frozen. Chard can be dehydrated then blended into a powder to sprinkle into foods for added nutrition, can also be frozen.

Nutrients:

High in nutrients and minerals including; folic acid, potassium, calcium, fiber, betacyanin, iodine, B-complex vitamins and vitamin C.