

Chard and Kale

(Cabbage family)



Seed Starting/Propagation:

Sow directly in garden 3 months before last frost (end of March) in full to part shade. Can also start indoors 8 weeks before last frost and transplant to garden 4 weeks before last frost. Pre-soak seeds for faster germination.

Care:

Water once or twice weekly and mulch to retain moisture once the plants is established. Cut off any yellow or overgrown outer leaves.

Companions:

Cabbage and potatoes.

Harvesting:

Cut off each out stem at the base when leaves are about 6" tall. Continue harvesting and don't let the outer leaves get too large.

Preserving:

I like to dehydrate on very low until crisp. Blend into a powder and sprinkle on any food for added nutrition. Can also freeze and use in smoothies and cooking.

Nutrients:

Phytochemicals, vitamins A & C, calcium, copper, potassium, fiber, folic acid, B-complex vitamins and iron.