
Selection

When choosing Swiss Chard be sure the leaves are bright in color. The leaves will be either smooth or curly and can range from green to dark purple in color. The midribs and leaf stalks are green, white, red, pink, orange or yellow.

Larger Swiss Chard leaves will have slightly tougher stems.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Be sure and wash produce before use, but not when you first get it home.
 - ◆ Wash produce by holding it under running water to remove dirt and debris.
 - ◆ Refrigerate produce in perforated plastic bags.
 - ◆ Keep produce and meats away from each other in the refrigerator.
-

Why Buy Local?

- ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
 - ◆ You are making a healthy choice for you and your family.
 - ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
-



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI;
<http://polk.uwex.edu> (June, 2014)



Swiss Chard Acelgas

Uses

Young tender chard leaves can be eaten raw, adding a beet-like flavor to salads and sandwiches. Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer. When cooking mature chard, the stems require longer cooking time than the leaves.



Stuffed Swiss Chard with Carrot Sauce

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Good source of Potassium
- ♦ Good source of Fiber
- ♦ Good source of Vitamin A
- ♦ Good source of Calcium

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

Try It!

Stuffed Swiss Chard with Carrot Sauce

INGREDIENTS

- | | |
|----------|--|
| 1/2 | Onion, finely chopped |
| 3 | Cloves garlic, minced |
| 7 | Medium potatoes, boiled, peeled & mashed |
| 1 | Bunch broccoli, chopped & steamed |
| 1 | Green pepper, roasted or sautéed and chopped |
| 1 tsp. | Salt |
| 1/2 cup | Water |
| 1/2 tsp. | Black pepper |
| 2 cups | Mushrooms, sliced |
| 2 Tbsp. | Fresh basil, chopped |
| 6 | Large swiss chard leaves, de-stemmed |
| 1/2 cup | Water |

Carrot Sauce

- | | |
|-----------|----------------------|
| 2 cup | Carrots, chopped |
| 1 | Clove garlic, minced |
| 1 | Small onion, minced |
| 1 1/2 cup | Water |
| 1/2 tsp. | Salt |

INSTRUCTIONS

1. Prepare potatoes, broccoli, and green pepper, set aside.
2. Cook onion, garlic & mushrooms in 1/4 cup water until onions are translucent. Drain.
3. Mix mashed potatoes with onion mixture, steamed broccoli & sautéed peppers. Add salt, pepper and basil to taste.
4. Preheat oven to 350 degrees F. If using

large chard leaves, cut in half cross wise. Leave small leaves whole. Stuff with potato mixture and roll up like a crepe.

5. Place stuffed chard in a baking dish and add 1/2 cup water. Cover with foil and bake 40-50 minutes, until heated throughout and chard is tender. Serve with Carrot Sauce.

INSTRUCTIONS FOR SAUCE

1. Cook all ingredients together 10-12 minutes, until carrots are tender.
2. Puree mixture in blender until smooth. Add more water for desired consistency.

Yield: 6 servings

Recipe Source: www.recipesource.com;

History & Fun Facts

Swiss Chard is a beet that has been chosen for leaf production and the expense of storage root formation.

The word “Swiss” was used to distinguish chard from French charde or chardon by 19th century seed catalogues publishers, and the name stuck.

Chard is very popular among Mediterranean cooks but the first varieties have been traced back to Sicily. In the US, the leaves are valued while European cooks value the stalks to the point of discarding the leaves or feeding them to animals.