

Harvest of the Month



September



Swiss Chard



Pick:

- Choose Swiss chard that has firm, crisp stalks and bright green leaves with no wilting or browning.

Store:

- Store Swiss chard unwashed in a plastic bag in the crisper drawer of the refrigerator and use within a few days.
- If blanched, Swiss chard can be frozen and stored for up to 6 months.

Prepare:

- Before use, trim the stalks and rinse greens with cold water.
- Swiss chard can be consumed raw in salads, added to soups and casseroles or enjoyed like cooked spinach.

Nutrition Info

One cup of Swiss chard has 35 calories.

Swiss chard provides vitamins A, C & K, potassium, iron and manganese.

Fun Facts

Spent on Spinach? Try Swiss chard! Swiss chard is similar to spinach when it comes to taste & ease of preparation.

Swiss chard stems can be many colors – look for rainbow chard at the farmers' market with stems in a multitude of hues!

Despite its name, Swiss chard is actually native to the Mediterranean region.

Uses

Add Swiss chard to soups or stews. Remember to add the chard towards the end of cooking as the leaves should remain bright green in color.

Sauté Swiss chard with veggies and add to scrambled eggs and omelets!

Family Friendly Activities

Visit your local farmers' market and count how many vendors have Swiss chard available for purchase.

Do a taste test sampling with spinach and Swiss chard. Choose a simple everyday recipe, such as an egg burrito. Make one burrito with spinach and the other with Swiss chard. Can you notice a difference in taste?

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Nutrition Facts

Serving Size 1 cup (136g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 9g	
Vitamin A 20%	Vitamin C 50%
Calcium 8%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pasta & Greens

Serves 6 (1 cup per serving)

Ingredients:

- 8 ounces whole wheat penne pasta
- 2 Tbsp. olive oil & vinegar salad dressing
- 4 slices bacon, cut into bite sized pieces
- ¼ cup diced red onion
- 1 cup chopped green pepper
- 1 ½ cups chopped zucchini
- 2 cups chopped Swiss chard
- ¼ cup grated parmesan cheese
- salt and pepper to taste

Directions:

Cook pasta according to package directions; drain and place in a large bowl. Toss pasta with dressing. Sauté bacon in a large fry pan. When bacon starts to brown add onion, pepper and zucchini; cook stirring occasionally until vegetables are crisp tender. Add chard and cook 1 minute or until chard starts to wilt. Add vegetable mixture to pasta; stir until combined. Top with parmesan and season with salt and pepper.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Color
Swiss Chard!

