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Swiss Chard

We grow several varieties of Swiss Chard each year but my favorite is the Rainbow Swiss Chard which has stems of neon pink, school bus yellow, and vibrant orange. The chard is as pretty as it is delicious and good for you. Once the chard leaves are ready to harvest (I like to do this when they are about 6-9 inches tall while the ribs and leaves are still very tender.), just cut them at the soil line with your garden scissors. They will usually grow back to reward you with a few additional harvests.

2 pounds Swiss chard, rinsed well but not patted dry
1 tablespoon olive oil
1 tablespoon butter
2 tablespoons sherry vinegar
1/4 cup toasted pine nuts (sunflower seeds—Kris)

Remove the main rib from the chard leaves and discard them.

Cut the chard into 1 inch ribbons.

Heat a large non-stick skillet over medium high heat and add the oil and butter.

Quickly stir fry the chard for 2-5 minutes or until it is crisp tender.

Remove the chard from the heat and pile it in the center of a serving platter.

Sprinkle evenly with the sherry vinegar and pine nuts. Serve immediately.

Serves 4.

Victoria Wesseler