

## Swiss Chard and Black Eyed Peas

- 1 pound fresh Swiss chard or other greens such as baby kale, collards, or mustard greens (10 cups loosely packed)
- 1 Tablespoon olive oil
- 1 large onion, quartered and thinly sliced
- 1 16-ounce can black-eyed peas, drained and rinsed (or favorite canned or dried bean, cooked)
- 2 Tablespoons balsamic vinegar or apple cider vinegar (or to taste) Black pepper, to taste

Wash Swiss chard in cold water and pat dry. Discard tough stems. Trim away thick mid-ribs from the leaves. Discard ribs or slice thinly and use. Chop the leaves into large pieces.

Heat the oil in a pot or large stir-fry pan. Add onion and sauté over medium heat until golden. Add Swiss chard, cover, and steam until tender. If using kale or collards, add 1/4 to 1/2 cup water to keep mixture moist. Allow 3 to 5 minutes to steam Swiss chard; 10 to 15 minutes to steam the other types of greens.

Stir in the black-eyed peas and vinegar. Cook until everything is just heated through. Season to taste with pepper and serve.

*Yields 8 servings, serving size 1/2 cup (80 calories, 2 grams fat, 0 mg cholesterol, 3 grams fiber, 300 mg sodium)*



## Swiss Chard and Lentils

- 1 cup uncooked, rinsed lentils
- 1/2 cup uncooked brown rice
- 3 cups sliced carrots
- 2 pounds Swiss chard, cleaned and chopped (approximately 20 cups torn leaves loosely packed or 4 cups sliced ribs and stems)
- 3 cups water
- 1 packet onion soup mix, reduced sodium
- 1 teaspoon basil
- 1 Tablespoon olive oil

Place all ingredients in large pot. Bring to a boil. Reduce heat, cover and cook until rice is tender (about 20 to 30 minutes).

*Yield: 20 servings; serving size 1/2 cups (80 calories, 1gram fat, 0mg cholesterol, 4grams fiber, 180mg sodium)*



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### HerKimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



**CREATING  
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**Creating Healthy Places**

# Swiss Chard



## PLANT \* GROW

- ◆ Swiss chard prefers cool weather but lasts through the summer without going to seed or bolting.
- ◆ Chard prefers full sun early in the season and shade in summer when it is warm.
- ◆ Chard tolerates moderate frost, but do not plant in very early spring. Some varieties will bolt when exposed to early frost.
- ◆ Swiss chard also makes beautiful edible ornamental plants.
- ◆ Plant seeds outside 2-4 weeks before the last expected frost.
- ◆ Start seeds indoors for earlier crops or if you want to arrange chard by color in the garden.
- ◆ Like beets, chard seeds produce more than one plant so will need thinning. Thin to 6-12 -inch spacings.
- ◆ Mulch plants to retain moisture and suppress weeds.
- ◆ You can begin harvesting when leaves reach usable size.
- ◆ To harvest, remove a leaf or two from each plant leaving the center leaves intact. As the plant grows you can continue to harvest the large outer leaves. Use garden sheers or a knife to harvest leaves from the plant.
- ◆ As plants age, older leaves get tough. Cut plants back to about 3-5 inches tall to encourage a flush of new, tender growth.

### Cornell University Home Garden Websites: General gardening:

<http://gardening.cals.cornell.edu/>

### Swiss Chard specific:

<http://www.gardening.cornell.edu/homegardening/scene6e2d.html>

## ENJOY YOUR CHARD

- ◆ Despite what the name may indicate, Swiss chard is not native to Switzerland. Its name comes from a Swiss botanist who first named the plant in the 19th century.
- ◆ Swiss chard is also known as stem chard, spinach beet, or leaf beet.
- ◆ Chard is a good substitute for spinach in most recipes, including quiche.
- ◆ Swiss chard is naturally fat free, cholesterol free, a good source of magnesium, and an excellent source vitamins A and C.
- ◆ Try ravioli filled with Swiss chard, part-skim ricotta, and a touch of parmesan cheese. Finish with your favorite sauce.
- ◆ Try Swiss chard in scrambled eggs or omelets.
- ◆ Swiss chard makes a scrumptious addition to any soup.
- ◆ Layer chard in your lasagna or toss with pasta in a light olive oil and lemon sauce.
- ◆ Swiss chard makes a delicious pizza topping. Also chop and add it to your pizza marinara sauce.
- ◆ Steam the stalks of Swiss chard and eat them as you would asparagus.
- ◆ Add Swiss chard to stir fry for a healthy "kick."

### Websites for Healthy Eating:

USDA: [www.myplate.gov](http://www.myplate.gov)

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>



## PRESERVE

Store unwashed leaves in plastic bags in the crisper in the refrigerator for 2 to 3 days.

**Freezing:** Wash thoroughly and chop stems. Water blanch 2 minutes. Cool, drain, package and freeze leaving 1/2-inch headspace.

### Food Preservation Websites:

**National Center for Home Food Preservation:**  
[www.homefoodpreservation.com](http://www.homefoodpreservation.com)

**CCE Herkimer County Food Preservation Resources:** <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>

## RECYCLE \* COMPOST

- ◆ Disease free chard scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- ◆ Vegetable scraps are the "green" additions to your compost.

### Composting Resources:

**Cornell Waste Management Institute:**  
<http://cwmi.css.cornell.edu/resources.htm>  
**Composting at Home publication:**  
<http://cwmi.ccs.cornell.edu/smallscale.htm>

## PURCHASE

- ◆ Chard is a stalk that you might find in white, red, or yellow varieties, and it has wide fanning green leaves. Both the leaves and stalks are edible and are available from June-October at farmers' markets.
- ◆ Select chard with fresh green leaves; avoid those that are yellow or discolored.