



- ◆ The leaves of Rainbow Chard are succulent and tender when young, the stems are fibrous and sometimes bitter and inedible.
- ◆ The pigments of red and yellow, which contain a compound called beta lacin, act as a source of survival for the Rainbow Chard by protecting it from UV rays while also attracting insects and bees for pollination.
- ◆ Chard is known to be quite nutritious; packed with vitamins such as C, K, and E. It also contains other nutrients such as beta-carotene.
- ◆ Rainbow Chard is a descendant of the sea beet. Documentation of the Rainbow Chard goes back to 1636 but it was not until the 19th century that it had commercial exposure. Rainbow Chard is grown both ornamentally and as a food crop. These plants thrive in cool summer temperatures, but are tolerant of heat and humidity, so they are adaptable and easy to grow.
- ◆ Rainbow Chard is available year round. If you grow chard as a food crop, you will need to protect it from rabbits, deer and birds
- ◆ It is used as a salad green and a leaf vegetable. Rainbow Chard can be used both raw and cooked. Cooking will give the leaves a milder flavor.



# Rainbow Chard