

God gave us...



“Swisschard” (Beta vulgaris)

Planting depth: ½”-¾” Apart in row (after thinning): 10” Distance between rows: 24” Approximate days to germination: 7-14 days

♥ Let's grow...

Plant swisschard seeds ½”-¾” deep a sunny area of your garden. It takes about 7-14 days for seeds to sprout into seedlings. Seedlings are new plants grown from seeds.

♥ Taking care of God's creation...

Swisschard is a tall leafy vegetable with thick stems that can be white, green, or rainbow colored. It is important to water so that the leaves will not wilt. When the leaves of the plants touch, thin them to 10” apart. The leaves are ready to eat when they are about 5” tall.

♥ Eat your swisschard...

Swisschard is a good source of vitamins for healthy bodies. You can show God's love to others by sharing the good food that he has given us to eat.

“I planted the seed, Apollos watered it, but God made it grow”.

1 Corinthians 3:6