cheat sheet
container gardening with swiss chard

plan

- Plant: Swiss Chard (Bright Lights) Beautiful vibrant rainbow of colors with bright reddish pink and yellow stems (mild taste and firmer than spinach)
- Space & Light: Place your plant in Full sun (grows quickly in full sun, slows in partial shade)
- Container: Get a large container (30 qt/20-28 liters) with drainage holes at the bottom (depth min 8in/20cm)
- Soil: Choose a nutrient-rich, well-draining mix for container gardening
- Grows well without fertilizer (see below just in case)
- Fertilizer: we want good foliage (leaves) so get an organic fish fertilizer or a fertilizer high in nitrogen is what you're looking for
- Watering Can: Get a 3 gal/11 liter for containers

plant

- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting

grow

- Water: Before watering, touch the soil to be sure it's not moist. Water regularly: swiss chard needs frequent watering
- Fertilize: If needed. Chard grows well and fast in full sun. If needed, apply an organic fertilizer every week, then every 2 weeks

care

- Low maintenance
- Pests (slugs, beetles, aphids) - Get a nontoxic insecticide from your local garden center to help you get rid of unwanted pests
- Preventing Pests- companion planting with herbs can prevent pests from chomping on your swiss chard
- Ex- Plant Cilantro next to Swish Chard (drop a few seeds in the soil with your swiss chard and water gently)
- Ex- Plant Peppermint nearby in its own pot (likes to takeover) Drop a few seeds in a pot and water gently

harvest

- 50-60 Days to harvest from seed; approx 10 days earlier from plants (40-50 days)
- Harvest when plants are 6-8 in or 15-20 cm tall
- Cut outer leaves; just enough for tonight's dinner
- Cut back leaves for new growth (for a big harvest, invite friends over ;)