



HOLLAND MARSH SWISS CHARD

FACTS

Swiss chard is a celery-like plant with broad green leaves and long stalks that can be red, green, orange or yellow. This vegetable produces a sweet mild flavour. Cook the stalks like asparagus. If the leaves are going to be used, cook the stalks for a few minutes before adding the leaves and cook them like spinach.

Health Benefits: Swiss Chard is an excellent source of Vitamin A, Vitamin K and Magnesium; a good source of Potassium and Manganese; and a source of Vitamin C, Iron and Copper.

Number of acres farmed in the Marsh annually: 37 acres