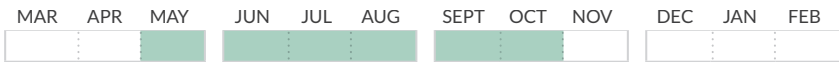


# Rainbow Chard



## SEASONALITY



## NUTRITIONAL PROPERTIES

Rainbow chard, as well as collard greens, are extremely high in vitamin K. Chard is also a good source of vitamin A and fiber. Chard has antioxidants, as well as thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, calcium, phosphorus, zinc, and selenium.

## STORAGE

Store chard in the refrigerator in a plastic bag. Chard will keep for about 10 days.

## PRESERVATION

Chard can be frozen. Chop and store in a sealed plastic bag, try to eliminate any air left in the bag. Chard can also be cooked into your favorite soup and frozen.

## HOW TO PREPARE

Chard can be eaten raw or cooked.

1. Chop rainbow chard.
2. Sauté with your favorite oil.
3. Add to your favorite soup or stir fry or eat as a side.

Rainbow chard can be added to salads, pastas, soups, or eaten as a side. Stems of chard are also edible and offer various antioxidants.

## RECIPES FROM HOFFA

*with rainbow chard*

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- Harvest Soup and Biscuits
- Minestrone

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

