

# How to grow chard



# Preparing the ground



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Before planting your chard seeds make sure the ground is well prepared and raked.



# Sowing





Using your guide line draw a line from one end of the plot to the other.



Using the corner of a hoe or rake gently create a small channel following your guide line.



Now water the channel with a small amount of water.



Your seeds are ready to be sown.

Open your chard seed packet at one corner and gently release a small amount of the seeds into the palm of your hand.



Pinch a small amount of the seeds from  
your palm using your thumb and index  
finger.



Sprinkle the seeds sparingly down this channel. You may need some help with this.



Once you have completed your first line using the side of your hand gently move some soil over the seeds.



Now water your row of seeds.



The seeds should begin to grow within  
a few weeks.

The first shoots will be two small thin  
leaves with a deeper stem.



When the chard leaves are about 2 inches tall you can start removing some of the shoots.

This will give the other chard room to grow and stop disease.

This is called thinning.



You need to water your chard every day

# Harvesting





Your chard leaves will be ready to pick  
when they are 15 cm long.



When harvesting your leaves you can cut them off the plant without having to remove the whole plant.

This will allow the plant to continue to grow and produce more leaves to cut.



Use a pair of scissors and snip the leaves off.

Leave at least one inch of stem on the plant.