

# KEWEENAW GROWN FOOD

## SWISS CHARD



### PEAK SEASON

Late spring through early fall.

### HOW TO SELECT & STORE

Choose leaves that are bright green. The stalks should be firm and colorful. Avoid yellow or discolored leaves or if the leaves look wilted.

Store unwashed leaves in a plastic bag for 2-3 days or in a perforated plastic bag for 5-10 days.

### HEALTH BENEFITS

Swiss chard is packed with nutrients! One cup of cooked chard provides your daily recommended amount of vitamin A and K, and is also good source of vitamin C and E, calcium, magnesium, copper, zinc, sodium and phosphorus.

Swiss chard is abundant with antioxidants, which have been linked to preventing cellular damage in the body. Some of these antioxidants have been associated with preventing heart disease and certain cancers.

### WAYS TO USE

**Savory** - Swiss chard can be boiled, steamed, braised, sautéed or stir-fried. The flavor and texture of swiss chard is similar to spinach and is a great substitute in recipes.

Try adding raw, thinly-sliced chard to a pasta dish or as a pizza topping. You can also use chard in salads.

**Sweet** - Pureed swiss chard can be added to muffin or pancake batter and also works well in smoothies.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**