

Rainbow Swiss Chard

Rainbow Swiss chard is a leafy vegetable that can be enjoyed like spinach, kale and collard greens and is available yearround.

The leaves grow upright and tall from a dense rosette of ribbed stems in a myriad of colors including gold, pink, orange, purple, red, and white with bright and pastel variations.

Like other leafy greens, Swiss chard is high in vitamin A, vitamin K, calcium, potassium and fiber.