

Swiss Chard

- Rinse & separate leaves and stems.
- Braise, grill or shred to add more leafy nutrients to cooked grains or proteins.
- Eat quickly (3-5 days)-very perishable!

Store unwashed in loose and perforated plastic bag in the fridge.

To freeze: wash and chop, blanch 2-3 min, cool, dry, and store in freezer bag.

