*Fresh Vegetable*

# SWISS CHARD



Ref: BIE-02

Italian name: Bieta a coste

Weight Order: 4 kg

Description: Is a leafy green vegetable often used in Mediterranean cooking. Chard has been bred to have highly nutritious leaves and is considered to be one of the healthiest vegetables available, making it a popular addition to healthy diets. The word "Swiss" was used to distinguish chard from French spinach varieties by 19th century seed catalog publishers

Season: Summer

Serving suggestion: Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked (like in pizzoccheri) or sauteed; their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach.

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