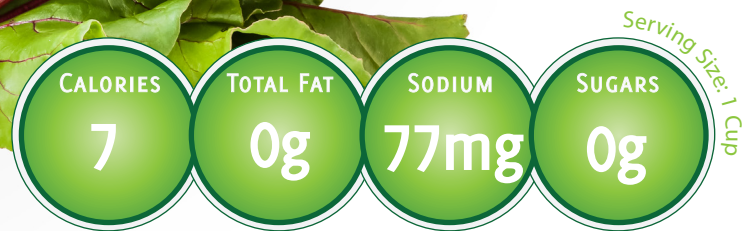


FRESH PICKS®



Kids need 1-1½ servings of fruit and veggies everyday!

March:
Swiss Chard



Did you know?

Swiss chard is extensively cultivated in Switzerland, hence the name “Swiss”. Word “chard” originates from the Latin noun “carduus” which means “artichoke thistle”.

Even though Swiss chard is type of beet, it has inedible roots.

Swiss chard produces large, shiny, dark green, ribbed leaves with long, white, yellow or red petioles.

Swiss chard is staple of Italian and Mediterranean cuisine.