

Preparing Fresh Chard in School Kitchens

1. Go through the chard and throw away any leaves that are yellow or damaged.
2. Fill a sink with cold water and put the leaves into the water. Do not run the water on the chard, the water will bruise the leaves.
3. Swish the greens around and lift them from the water.
4. Drain the sink and clean out any sand that has fallen to the bottom.
5. Repeat the process until there is no more sand left in the sink. Drain the leaves.

Layered with paper towels and covered, they can be stored in the walk-in for several days.



The stems can be cut into ½ inch pieces, too. They need to be cooked before eating, they can be bitter. Treat them like spinach: they just need to be wilted.

OR

Give them to the Garden Lead in your school for the students to put them in the compost pile.