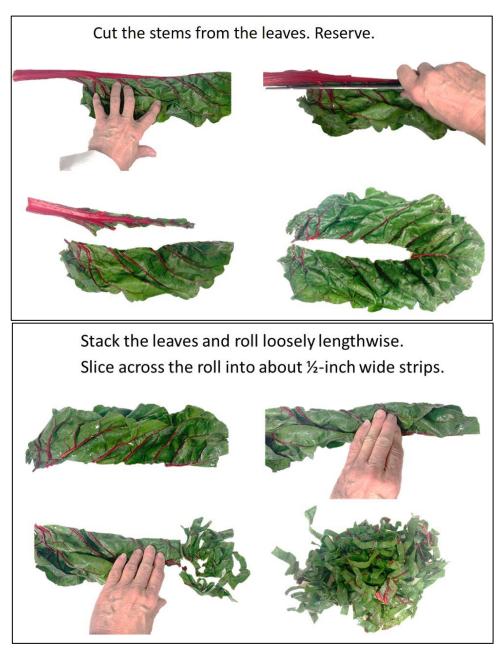
Preparing Fresh Chard in School Kitchens

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.