

chard.



Sow: Indoors from March, outdoors from April until August. Seeds actually multiple clusters, so you will need to thin to 10in apart.

Soil: Plenty of well-rotted manure.

Grow: Feed once a fortnight with nettle tea. In very cold winters, protect with cloches or fleece.

Harvest: Cut off leaves individually once they have reached a good size – stalk and leaf can grow as long as your arm. You can also grow chard as a cut-and-come again salad crop.

Problems: Very few. Look out for white eggs on underside of leaves, and pick off before larvae hatch.

For more advice on growing and cooking chard, visit the Stylish Gardening Blog: fennelandfern.co.uk