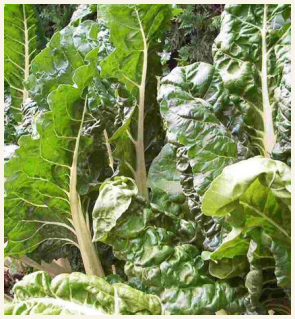
Fordhook Giant



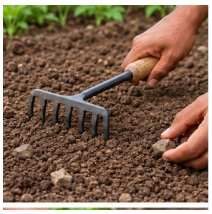
Swiss chard planting guide

Direct sow or start in trays

Mild to cool conditions are best. Light frost is tolerated; avoid prolonged severe cold and extreme heat. Sunny position.

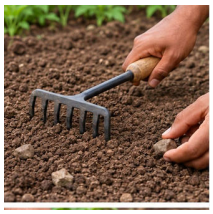
SEED DEPTH	FINAL PLANT SPACE	ROWS / DENSITY
1-2 cm; no deeper than 2 cm	**25-30 cm**	**45-60 cm**

1. Prepare a growing bed



Choose fertile, well-drained soil in a sunny position. Remove weeds before sowing.

2. Sow seed



Sow 1-2 cm deep in the bed or in seedling trays. Keep the seed zone moist.

3. Give leaves room



Thin or transplant established seedlings to 25-30 cm apart, with 45-60 cm between rows.

4. Encourage fresh growth



Keep moisture steady and weed carefully. Protect the central growing point while picking.

Harvest: Pick usable outer leaves and leave the young centre leaves intact for further growth.

Growing note: Fordhook Giant is Swiss chard, often sold locally as spinach. It is grown for repeated leaf picking.

Use local conditions and the current seed-lot label. Method illustrations show the practice, not exact cultivar appearance.

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Sources and picture credits

Fordhook Giant | Swiss chard

The planting instructions use crop-level references checked on 18 October 2026. Depth and spacing are starting points. South African sowing windows vary with local frost, altitude, heat and rainfall; follow the current seed-lot label and supplier advice.

PLANTING REFERENCES

Swiss Chard

https://www.kzndard.gov.za/images/Documents/Horticulture/Veg_prod/swiss%20chard.pdf

How to Grow Swiss Chard in Your Garden

https://extension.usu.edu/yardandgarden/research/swiss-chard-in-the-garden

PICTURE CREDITS

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