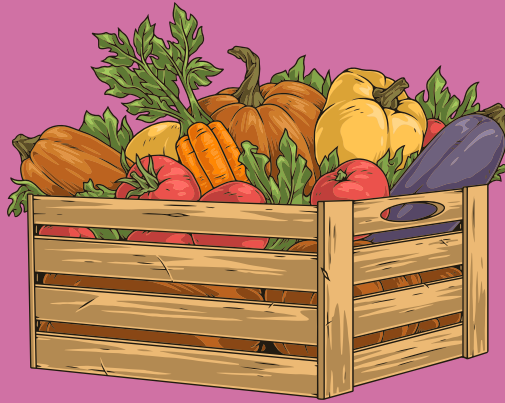


FROM PATCH TO PLATE

Five Delicious Ways with...



Rainbow Chard



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick 

This edition features Rainbow Chard - vibrant, earthy, and bursting with leafy green goodness.



Rainbow Chard In a Nutshell

How to Enjoy!

- **Cooked:** Steam, stir-fry, roast, grill, microwave, or blanch.
 - **Tip:** Don't toss the stems - peel and slice them for slaws, stir-fries, or quick pickles!
- **Flavour Pairings:** Pairs beautifully with garlic, lemon, chilli, sesame, parmesan, tahini, and soy.
 - Balance its gentle bitterness with creamy, nutty, or bright zesty flavours.
- **Preserved:** Blanch and freeze the leaves and stems to use later.
 - Perfect for folding into frittatas, pestos, soups, patties, or even veggie fritters.

Nutrition Highlights!

- **Vitamin C** → boosts immunity & enhances iron absorption
- **Vitamin K** → supports bone strength & wound healing
- **Folate** → essential for cell repair & DNA synthesis
- **Fibre** → promotes good digestion & gut health

☀ Fun Fact ☀

Rainbow chard isn't one plant - it's a mix of colourful chard varieties grown together!

Growing Conditions

- **When to plant (subtropical):** Autumn to early Winter
- **Time to sprout:** 3-10 days
- **Plant height:** 60-75cm
- **Time to harvest:** ~3 months

Harvesting tips

- Harvest outer mature leaves first, leaving the inner crown to keep growing.
- Use clean scissors or secateurs, snipping leaves close to the base.
- Don't remove all leaves - leave enough for photosynthesis so the plant continues producing.
- Harvest regularly; this encourages side-shoots and more leaf regrowth.

How to Store

- Keep unwashed in a paper bag or a perforated plastic bag in the crisper drawer.
- Avoid moisture - only wash just before use.
- Can stay fresh for up to about 5-7 days when stored well.





Breakfast: Rainbow Chard & Potato Rösti Stack with Poached Egg

Prep: 10 mins | Cook: 15 mins | Serves: 1

Ingredients

- 1 small potato, grated
- ½ cup chopped rainbow chard (stems and leaves)
- 1 egg (poached separately)
- ½ tsp mustard
- Olive oil spray
- Salt & pepper

Directions

1. Squeeze moisture from grated potato. Mix with chopped chard, mustard, salt and pepper.
2. Form into two patties and pan-fry until crisp (about 4–5 min per side).
3. Stack and top with a poached egg.

Lunch: Rainbow Chard Grilled Cheese with Caramelised Onion & Wholegrain Mustard

Prep: 10 mins | Cook: 10 mins | Serves: 1

Ingredients

- 2 slices sourdough or wholegrain bread
- ½ cup chopped rainbow chard (lightly sautéed)
- ¼ onion, caramelised
- 1 tsp wholegrain mustard
- 2 slices sharp cheddar or gruyère cheese
- Olive oil or butter

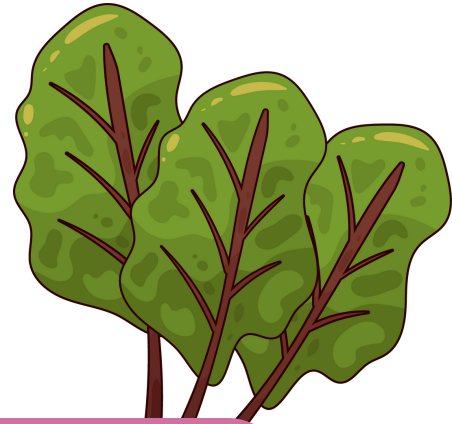


Directions

1. Spread mustard on one slice, layer chard, caramelised onion, and cheese.
2. Grill sandwich with olive oil or butter until golden and melty.

Dinner: Rainbow Chard, Mushroom & Lentil Stroganoff

Prep: 10 mins | Cook: 25 mins | Serves: 2



Ingredients

- 1 cup chopped rainbow chard
- 1 cup mushrooms, sliced
- ½ cup cooked brown lentils
- 1 garlic clove, minced
- ½ cup vegetable stock
- ¼ cup sour cream or cashew cream
- 1 tsp paprika
- ½ tsp Worcestershire or tamari

Directions

1. Sauté mushrooms and garlic. Add chard and cook until wilted.
2. Stir in lentils, stock, paprika, and Worcestershire. Simmer 5–7 min.
3. Fold in sour cream and serve over brown rice or pasta.

Green Thumb Farm, Samford Valley QLD 4520.



A photograph of several golden-brown, twisted puff pastries filled with green chard and melted cheese, scattered with pine nuts and fresh herbs on a parchment-lined tray.

Snack: Rainbow Chard & Cheese Puff Pastry Twists

Prep: 15 mins | Cook: 20 mins | Serves: 4-6 twists

Ingredients

- 1 sheet puff pastry
- ½ cup finely chopped sautéed rainbow chard
- 2 tbsp grated parmesan or tasty cheese
- ½ tsp garlic powder
- 1 egg (for wash)

Directions

1. Mix chard, cheese, and garlic powder.
2. Spread onto half of the pastry, fold, and slice into strips.
3. Twist and place on a tray. Brush with egg wash and bake at 200°C for 15–20 min.

Lunchbox: Rainbow Chard & Quinoa Frittata Squares

Prep: 10 mins | Cook: 25 mins | Serves: 4 squares

Ingredients

- 3 eggs
- $\frac{3}{4}$ cup cooked quinoa
- $\frac{1}{2}$ cup chopped rainbow chard
- 1 tbsp crumbled feta or goat cheese
- 1 tbsp chopped herbs (e.g. parsley, dill)
- Salt & pepper



Directions

1. Mix all ingredients in a bowl and pour into a lined square baking dish.
2. Bake at 180°C for 25 min until set.
3. Cool and slice into squares.



2204 Mt Samson Rd,
Samford Valley, Qld 4520
greenthumbfarm.org.au

Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,