

Spinach, Annual

Vegetable

Suggested varieties: *Matador* (summer); *Giant Winter* (winter)

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant to 15-30cm apart. Avoid summer sowings as plants tend to flower early ('bolt')

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Cut individual leaves as needed. Can cut seedlings and mature plants to 2.5cm above the soil surface (plants regrow many times)

Growing guide

Give it a go...

Average time to harvest

2 weeks (seedling); 10 (mature)

Equipment needed

Horticultural fleece

Germination time

10-20 days

Average plant size

30cm tall, 20cm wide

Family group to grow with

Chenopodiaceae: leaf beet

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Calcium, vitamin A, folate, vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		🌱	🌱	🌱	🌱			🌱			
		🏠									

🌱 Sow indoors

🌱 Sow outdoors

🏠 Plant out/transplant

🏠 Harvest



🏠 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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