

HOW TO GROW-SPINACH

Fun fact- spinach scientific name is 'Spinacia oleracea'

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The basic information.

Annual edible

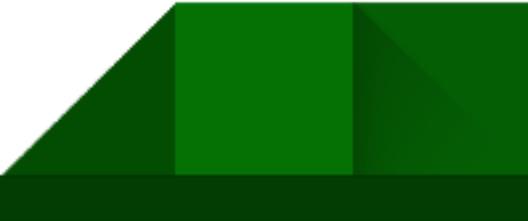
- *Sowing-successive sowings march-may and august -september*
- *Temperature- 16-18 can tolerate lower, survives to -9*
- *Sunlight- cool conditions, not direct sun. 4 hours a day is enough sunlight.*

WHAT VARIETIES SHOULD I GROW ?

There are two classes of spinach fast- growing and slow growing. The fast growing varieties are for the cooler weather so sowing in late winter/early spring and the fall. A good variety that is bread for british climates is 'Amazon' F1. This is good as young leaves or leaving them to mature. It's also compact reaching 20cm, so perfect for small gardens or on the patio in pots.

Slower growing varieties do better when sown in late spring and summer, so if you missed the cooler growing period then there are still cultivars that boost your chance of growing them in the warmer months.good varieties for this are new zealand spinach or perpetual spinach.

Perpetual spinach is one of the hardiest to grow, it can withstand dryer conditions than other spinach without bolting and can also be used throughout the winter months. When growing this type make sure to keep harvesting the leaves, it makes an amazing cut and come again plant which



reproduces very quickly. The picture to the right shows a bolted spinach plant.

WHERE TO GROW THEM AND SOWING MY

SPINACH SEEDS

When sowing spinach seeds something you need to keep in mind when successional sowing later in the year is that they don't germinate well at high temperatures, they love cooler climates. When planning where to sow them, the best location will be a partially shaded area that doesn't get full force of the sun and where the ground is nutrient rich, this will also prevent the spinach leaves being bitter and reduce the chance of the plant bolting.

Sow them in drills, allowing 15-20 cm between each row. When it comes to thinning out, choose the healthiest and allow 15cm between each plant as a guideline. If using perpetual spinach these aren't true spinach and actually related to the beet family, the seed is a cluster seed and so will



have multiple plants coming from one seed, thin these out by carefully snapping the stem of the ones you want to remove and use in salads.

AFTERCARE AND HARVESTING.

- *Water, try not to let the soil become dry as this can promote bolting, especially if it's also warmer weather.*
- *Feed, if they are performing poorly a nitrogen feed will suffice.*
- *Regularly harvest, as long as it's taller than 5cm pick the oldest leaves regularly. if wanting more mature leaves then leave some space between harvests.*
- *Remember to sow seeds in autumn if you want spinach throughout winter. sow in August and September in succession.*

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