



HOW TO GROW SPINACH !

When to Plant

Sow outdoors as soon as ground can be worked.

Location/Soil

Spinach is a cool weather crop that likes well drained, moisture retaining soil. Plant in full sun. Plants do best in rich soil.

Planting & Growing Information

Sow seeds 13 mm (1/2") deep and 2.5 cm (1") apart. Plants should be spaced 25 cm (10") apart with rows spaced 40 cm (16") apart.

Seeds germinate in approximately 7-21 days.

Days to Maturity

40-52 days from date directly sown in garden.

Other Information

Long, hot summer days can cause spinach to bolt.

Plant seeds in individual rows or sow in a wider section like a 30 cm (1') band. This works well in small or square foot gardening spaces.

If limited on space or want to try something new, mix different greens together to make your own salad bed.

Spinach does very well in a container.

Do not allow plants to dry out – be sure to water during dry spells.

Rapid changes in temperature and moisture levels can cause spinach to become bitter.



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Harvesting & Storage

Whole plants can be harvested by cutting them off just above the soil level or baby leaves can be picked throughout the growing season as needed.

Wash well before using.

Store in refrigerator up to 4 days.

Companion Planting

Likes: Celery, cauliflower, eggplant

How to Freeze Spinach

Frozen spinach is excellent to have available for lasagna and other favorite dishes. Make sure you have a lot available as once spinach is steamed it is significantly reduced in size.

1. Wash spinach
2. Place a steamer basket in a large stock pot and fill with water to just below the basket.
3. Bring water to boil.
4. Add spinach to the pot and cover. Steam for approximately 1 minute until the spinach wilts.
5. Remove steamed spinach from the pot and set out to cool in a colander.
6. Once the spinach is cool enough to handle fill freezer bags with desired amount.
7. Label, Date and Freeze.
8. Freezer spinach will last up to one year.





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Source:

McKenzie Seeds (www.mckenzieseeds.com), a longtime supporter of Plant • Grow • Share a Row

Links:

Seeds:

www.mckenzieseeds.com/collections/spinach

Other:

<https://yearbydesign.wordpress.com/2015/08/27/spinach-soup/>

Articles from Harrowsmith:

<https://www.harrowsmithmag.com/3251/the-food-lovers-garden>



As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need.

**Special thanks to McKenzie Seeds for their great growing information
and their long-time support for Plant • Grow • Share A Row**