

SPINACH



Suggested Varieties: Oriental Giant, Bloomsdale, Long Standing

Annual: Grows for only one season

Planting & Growing

Recommend starting from:



Seed



Seedling



Full sun or partial shade



Regular
18 gal./week per box



Plant inside garden box



Plant 6 inches apart

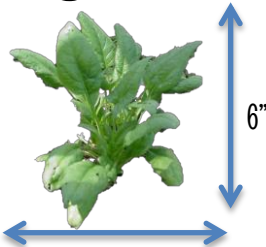
Harvesting

Average time in ground:

8 weeks

Germination time:

7-14 days



Average plant size

Ready to harvest when:

Leaves are 3-4" long

Average time to first harvest:

4 weeks from seedling

6 weeks from seed



How to harvest:

Pick leaves or cut plant 1" above soil

Common pests and diseases:



Aphids



Leaf miner



Slugs



Snails

Eating & Storing



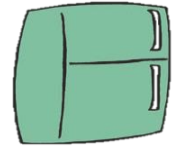
Steam



Salad



Smoothie



Refrigerate

Planting & Harvesting Schedule

Sow seeds			Plant seedlings in ground					Harvest months			
J	F	M	A	M	J	J	A	S	O	N	D
Blue	Blue	Blue						Blue	Blue	Blue	Blue
Yellow	Yellow	Yellow						Yellow	Yellow	Yellow	Yellow
Orange	Orange	Orange	Orange	Orange	Orange				Orange	Orange	Orange

Blue Sow seeds

Yellow Plant seedlings in ground

Orange Harvest months

