

# SPINACH AT-A-GLANCE



## ABOUT

- Cool weather-loving crop
- Grown in spring and fall
- Great for soups, stews, pasta, salads and smoothies
- High in iron; manganese; and vitamins A, B, and K
- Seeds can be directly sown, started indoors or transplanted

## STATS

- Grow to 6-12" tall and wide
- From seed to harvest in 6 weeks
- Sow every 2-3 weeks to extend growing season
- 3 main types: savory, semi-savory, and smooth leafed spinach

## REQUIREMENTS

- Growing zones 2-11
- Grow best in temps 35-70° F
- Full sun or partial shade
- Neutral soil pH of 6.5-7.5
- Well-draining, organically rich soil
- Can start in cold frames

## PLANTING SEEDS

- Fall: Plant seeds 6-8 weeks before first expected frost

- Spring: Plant seeds 4-6 weeks before last frost
- Loosen to 4-6" soil; Amend with compost if needed
- Dig trench or holes 1/4-1/2" deep
- Add seeds and cover with soil.
- Thin to one plant every 4-6" when few inches tall; add mulch
- Start indoors with seed starting soil
- Plant similarly to seeds outdoors
- Seeds germinate around 5 day
- Thin to one seed per container
- Transplant outdoors when temps get below 70° F

## MAINTENANCE

- Keep soil moist but not saturated; 1" water each week
- Fertilize every few weeks after you see 4 leaves on plant
- Deadheading or trimming

## ISSUES

- Flea beetles, spider mites, aphids, cutworms, leafminers, & slugs
- Downy mildew, powdery mildew, white rust, and spinach blight

## MISC

- Harvest as soon as size preferred; Cut outer leaves first
- Wash and store spinach in dry paper towel in zip-lock bag in refrigerator or freeze



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Life**

keeping the fun in gardening by keeping it simple!