

Gourmet Vegetables

Spinach

Feed the Family

(Spinacea oleracea)



DESCRIPTION

Annual vegetable slow to seed. Hybrid cross between Oriental and European spinach. Dark green leaves that are slightly serrated. Spinach probably originated in south west Asia or the western Himalayas, and was first cultivated by the Persians, spreading into China from Nepal. It was introduced to Spain by the Arabs, the same spinach is derived from the Arabic. Spinach reached England in the sixteenth century. Modern breeding such as this new F1 hybrid Approach has produced harder, leafier plants, with resistance to bolting in summer, and reduced amounts of the calcium oxalate which causes bitterness. **Tye**. Upright plants hold leaves well above the ground. Bolt resistant. Upright, erect, heavy-leaf, bolt resistant plants. Peak condition a week longer than others. Leaves held well off the ground. Plant in fall, overwinter, spring and early summer. 37 days to maturity. **Spinach Unipack 151**; is an annual hybrid semi savoy type. It has an erect plant habit with excellent leaf color and quality. High yield potential. Plants display good heat tolerance and resistance to downy mildew. Pick in all seasons. 40 days. 6-12 in. (15-30 cm) **Bordeaux Spinach**. A beautiful innovation in spinach, the burgundy stems and veins accent

the bright green leaves. Rich with tender, sweet flavour, Bordeaux enhances any fresh garden salad and adds colour to spinach dip, pizza & quiche. Leaves can be picked at any stage. **Winter Giant**. A really hardy spinach which will shrug off frost, gales and even snow to keep you picking right through the coldest months of the year. The large, elegantly pointed leaves have a strong, rich flavour that's perfect in winter casseroles or lightly steamed as a delicious side vegetable. **American Curled**. A hardy dark green spinach with heavily savoyed leaves. Ideal for spring to late summer as it is bolt resistant. Highly nutritious. **Santana**. A very versatile spinach for bunching or harvesting at a baby leaf stage. Dark green, smooth, oval-shaped leaves with a pleasant taste raw or cooked. The stalk is also dark green. A strong quick grower with resistance to downy mildew but slow to bolt, holding its mature shape very well. Suitable for growing most of the year



GROWTH

Leaves should be picked as often as possible to promote new growth. Dark green thick leaves, good bunching and upright habit makes harvesting easy. Spinach is all year cropping and matures quickly. Maturity 3-5 weeks for young salad greens, 7-10

weeks for mature plants. Spinach can be harvested as required by pulling or cutting off single leaves at ground level. The leaves on the outside are best used first. Spinach produces a quick crop in cool damp weather. In hot dry weather the plants often run to seed before they have made sufficient leaf growth but in warm climates they produce an excellent crop in late winter.



CULTIVATION

Plant in spring and a second planting in summer is advised to stagger the harvest timing. Grow in rich, moist soil with ample manure high in nitrogen content. In dry areas and well drained soil it is useful to plant a shallow trench to make watering easier and more efficient. In climate that is very hot and wet in summer, spinach grows better in the cooler, drier winter months. In hot gardens summer sows will be better in light shade. Seed should be sown thinly and the plants thinned to 15-25cm/6-10in apart. Young plants are improved by watering of high nitrogen liquid fertilizers during growth and should never be allowed to dry out. Applications of salt at the rate of 30gm/1 oz. per sq m is also beneficial, especially in wet climates. Companion plant to Strawberries.

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Any enquiries can be directed to:
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