

Spinach

(Goosefoot family)



Seed Starting/Propagation:

Spinach seeds do not transplant well so seed outdoors 6 weeks before last frost (1st week April for zone 5). Plant seeds ½” deep, 9 per square foot or 4” apart in full to part shade. Succession plant every 2-3 weeks until temps get into the 70’s. Start again in late summer, early fall for another harvest, it should survive until weather gets into the 20’s.

Care:

Mulch after planting and keep constantly moist.

Companion Planting:

Strawberries

Harvesting and Preserving:

Cut individual leaves as needed whenever they are big enough to eat. You can also cut the entire plant, leaving 1” above the root.

Seed Starting:

Plant at least 20 plants if you want to save seed. Let them bolt and collect from the last plants to bolt. When the seed feels dry to the touch, pick them individually from the stalks. Store in a glass container, envelope or plastic bag. Spinach seed usually keeps for 5-6 years.

Nutrients:

Considered one of the super foods, spinach is rich in vitamin C, B-complex, K and A, calcium, protein, manganese, magnesium, zinc, potassium, iron, folate, as well as several other minerals and omega -3 fatty acids. Regular consumption can prevent osteoporosis and anemia. This is a great pregnancy food!