



# SPINACH

Spinach is a hardy cool-season crop often used in salads, smoothies & Popeye's favorite. Spinach is very adaptable in small gardens, and easy to grow. This crop is mainly grown in spring and fall.

## VARIETIES

Spinach varieties can be broken down by the crinkle in the leaves also known as its savoy.

A favorite of Colonials' is Bloomsdale. This variety is heavily savoyed.

## PLANTING

Mid-to-late March is a popular planting time for Spinach. Fall planting time would be in mid-August to early September.

You'll want to plant the spinach seeds about an inch apart in rows, close as 5-6 inches.

Scatter seeding is a faster planting method, you'll want to space those about an inch apart in a wide row or bed planting.

Spinach is an early germinating crop, making controlling weeds a breeze.

## FERTILIZING

To keep spinach dark green and growing vigorously, add some nitrogen to the mix.

We recommend a complete fertilizer applied at planting. Incorporating into the top 3-4" is beneficial.

## INSECTS & DISEASES

A common pest of spinach are aphids. Aphids are small green insects that feed on the younger leaves within the crown of the spinach head. They can be spotted on the underside of leaves along with their white shells.

It is important to catch an infestation early on because aphids are rapid reproducers.

Mites are very small and hard to detect without a hand lens. Look for small yellow spots on the foliage.

Both can be controlled with insecticidal soap.

## HARVESTING

Spinach can be harvested as baby leaves or large leaves, depending on how it will be used.

Take some pruners or scissors and clip leaves off at the base. Clipping individual leaves instead of the whole crop will allow the spinach to continue producing leaves.

You'll want to store the spinach in a plastic bag in a refrigerator for no longer than a week.

Enjoy!

