



About Spinach

Spinach is a cold-hardy, tender-leafed crop loaded with nutrients and antioxidants. Used in sauces and dips, soups and salads, in recipes for breakfast, lunch, and dinner- it truly is a garden staple.

When to Plant

Sow spinach seeds as early as 6 weeks before the last frost or as soon as you can work the soil. It is best to prepare the soil the autumn before planting if possible.

Where to Plant

Spinach prefers a sunny location, in average, well-draining soil that stays below 70 degrees F. The soil should have a near neutral pH, between 7.0 and 7.5. Some will recommend you sow your seeds in raised beds, 6-8" above the existing soil, especially if you're working with heavy clay soil.

How to Plant

Sow about 12 seeds per foot in a row, or sprinkle over a wide row or bed. Sow seeds 1/2" deep, compress gently into soil, and water lightly. Seedlings should emerge in about 7-14 days, depending on conditions. When seedlings are about 1-2" tall, thin them to be about 4-6" apart. Please note, you should not thin if you are growing a baby spinach variety.

Caring for Spinach

Spinach requires about 1-1 1/2" of rain or irrigation per week. Instead of one long deep soak, spinach plants will do best with 3 or 4 light waterings per week. Water early in the day so the foliage has time to dry off before evening, to minimize disease problems. Harvest once the outer leaves reach 3" in length, or to your desired size. You can harvest the whole plant all at once and cut at the base, or leaves can be picked off one layer at a time. Be sure not to wait too long to harvest, or wait for larger leaves, as the leaves can quickly become bitter after maturity.