



SPINACH

When to Grow?

Sow: Mid April - late May

**Sow every few weeks during this period for picking throughout the harvest period below*

Harvest: Late May - late October

Germination: 12 - 20 days

Where to Grow?

Ideally grown between tall growing vegetables in relatively sunny position in rich fertile soil. Dig soil deeply in Autumn.

How to Grow?

Start off in greenhouse March - April and plant out in May.

Approximately 2 weeks before sowing, mix in high quality compost to the soil and rake.

Sow very thinly ½ inch deep in rows approximately 12 inches apart.

Once they are large enough to handle thin the seedlings leaving 3 inch spacing's.

Remove every second plant a few weeks later.

Water generously during dry spells.

Compost

Compost contains plant nutrients and organic matter. These ingredients have beneficial effects on the following crop when applied to soil. Compost contains slow release nitrogen, phosphate and sulphur. It contains readily available potash that can provide all the crop's needs plus smaller but useful amounts of magnesium, calcium and trace elements (zinc, copper, manganese & boron).

For crops with sensitive seeds, as with manures or NPK fertilisers, it is advisable to mix the compost with the soil at least two weeks prior to sowing in case the germination of affected by any temporary raised salt content of the soil.



Top Tips

- Start picking the outer leaves as soon as they are a reasonable size. This encourages new growth.
- A solution of water and crushed garlic, ratio 10:1 with one liquidized clove can deter slugs and prevent 'damping off' of young shoots caused by fungus.