

Spinach

Spinacia oleracea · *Amaranth* family

DIFFICULTY Easy
TYPE Annual, cool season, direct sown
MATURITY 40–50 days



SUN
Full-part sun



WATER
Consistent



SOIL PH
6.5–7.5



SPACING
10–15cm



DEPTH
1–2cm

01 Cool-season quick crop

True spinach bolts fast once days lengthen and warm up. Grow it through the cooler months, and switch to a heat-tolerant substitute like English spinach or silverbeet in summer.



02 Planting

METHOD	Direct sow; thin as seedlings crowd.
SOIL	Rich, moisture-retentive, high organic matter.
TIMING	Sow through autumn, winter, and early spring.

04 Problems

- **Bolting** — warmth and long days; grow in the cool season only.
- **Leaf miner** — pale tunnels in leaves; remove affected leaves.
- **Downy mildew** — humid weather; improve airflow.
- **Slow growth** — nutrient-poor soil; feed regularly.

06 Companions & rotation

PLANT NEARBY

Strawberry

Brassicas

Peas

AVOID NEARBY

Potato

ROTATION NOTE

Fast crop; rotate loosely with other families.

03 Growing care

- Thin to final spacing early.
- Keep soil consistently moist.
- Harvest outer leaves regularly to prolong the crop.
- Pull at the first sign of bolting — leaves turn bitter.

05 Harvest & storage

SIGNS	Leaves reach usable size, before any sign of a flower stalk forming.
METHOD	Cut outer leaves or the whole plant at the base.
CURING	None needed.
STORAGE	Fridge crisper, a few days.