

## Spinach

Spinach is a cool-season crop that should be planted in early spring, about 4 weeks before your area's average date of last frost. There are two basic types of spinach — smooth leaves or crinkly (savoy) leaves.

Spinach does best in well-drained soil rich in organic matter, and will tolerate partial shade. Keep weed-free by careful cultivation to avoid injuring the shallow roots. Make sequential plantings about 2 weeks apart to continue harvesting spinach through the summer. The plant grows a rosette of dark green leaves, but under warm temperatures and long daylength it bolts, or goes to seed. Spinach may also be planted in early fall.

Begin picking individual leaves when the plants are about 2" tall or harvest the entire plant at maturity. The leaves may be eaten fresh or cooked and can be refrigerated up to 1 week.



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## Additional Resources

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- Article on MG website at <http://wimastergardener.org/article/spinach-spinacia-oleracea/>
- UW-Extension Publication A2801, *Growing Vegetables at Home —Questions and Answers*, at <http://learningstore.uwex.edu/Growing-Vegetables-at-Home-Questions-and-Answers-P520.aspx>
- UW-Extension Pub. A1989, *The Vegetable Garden*, at <http://learningstore.uwex.edu/Vegetable-Garden-The-P518.aspx>

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