

Abundant Bloomsdale

SPINACH *Spinacea oleracea*

Spinach (Abundant Bloomsdale)

Spinacea oleracea

Spinach does well with cool weather, short days, high soil fertility, ample moisture, and neutral pH (6.5–7.5). Excellent crop for overwintering in mild climates or with protection from cold.

Culture: Direct sow in spring as soon as the ground can be worked. Thin at 3–4 true leaves. Plant successions every 2 weeks. Mulch. For fall and winter greens, direct sow 1 month before first frost (sow thickly if grasshoppers are a problem). Heat can kill the seedlings, so wait for cool weather. Frosts sweeten the flavor. May tolerate temperatures as low as 0°F. Protect with row cover and mulch as necessary. Over-wintered spinach will resume growth in the spring.

Harvest: Snip off leaves near the base, or harvest whole plants when hot weather threatens.

Seed Savers: To save seeds for home planting, isolate from other spinach by at least ¼ mile.

Soil
Temp.
45–75°F

Sowing
Depth
½"

Final Plant
Spacing
4–6"

Final Row
Spacing
8–12"

Light
Full Sun

Days to
Emerge
7–12

