

# GROWER'S FACTS

W.H.PERRON 

## S pinach



**CULTURAL PRACTICES:** spinach is sown as soon as the soil is working well and again at the end of August or early September for fall crops.

**SOIL:** he likes well-drained and very fertile soils. It is important to enrich the soil with organic matter high in nitrogen. It likes full sun, but tolerates some shade.

**SPACING:** sow it 2 cm deep in rows spaced 60 cm apart.

**GROWING TIPS:** It is important to keep the soil cool: hoe and water, very regularly, the rows to delay the rise in seeds of the spinach. Light mulch, consisting of fresh grass clippings, can be installed. A supply of nitrogen fertilizer (in spring or autumn) is also recommended.

**HARVEST:** cut off the terminal young shoots to 15 - 20 cm in length to encourage the development of other shoots for several weeks afterwards. Spinach leaves are eaten within two days of harvest, and can also be refrigerated for a few days. Spinach is a good source of iron and vitamins.