



Spinach



Common Name: Coloured Spinach

Scientific Name: Betoideae Vulgaris

Family: Amaranthaceae

Requirements

Season: Sew in early spring

Sun: Preferably full sun but will tolerate partial shade.

Water: Regular even supply of water.

Wind: This plant is resistant to wind.

Climate: 10-30 deg C

Soil Notes: PH 6.0-6.8. Nitrogen rich soil. Does well with mulching..

Harvest: Harvest in Summer – 12 weeks or whenever leaves are big enough for eating.

Image Courtesy of:

<https://www.google.co.za/search?q=coloured+spinach>