

Silverbeet

Beta vulgaris subsp. cicla · *Amaranth* family

DIFFICULTY Easy

TYPE Biennial, grown as annual, direct sown or seedling

MATURITY 50–60 days



SUN
Full-part sun



WATER
Consistent



SOIL PH
6.0–7.0



SPACING
20–30cm



DEPTH
1–2cm

01 The reliable, heat-tolerant green

Where true spinach bolts in warmth, silverbeet keeps producing through much of the year — a genuinely dependable leafy green for a self-sufficient garden.



02 Planting

METHOD	Direct sow or transplant seedlings.
SOIL	Rich, moisture-retentive.
TIMING	Sow year-round in mild zones.

04 Problems

- **Leaf miner** — pale tunnels; remove affected leaves.
- **Aphids** — hose off.
- **Bolting** — less common than spinach, but can occur in extreme heat.
- **Slow growth** — nutrient-poor soil; feed regularly.

06 Companions & rotation

PLANT NEARBY

Onion

Brassicas

Beans

AVOID NEARBY

None major

ROTATION NOTE

Rotate with the beet family every 2–3 years.

03 Growing care

- Harvest outer leaves regularly for continuous production.
- Feed every few weeks with liquid compost.
- Water consistently for tender stems and leaves.
- Mulch to retain moisture and suppress weeds.

05 Harvest & storage

SIGNS	Outer leaves reach usable size, continuously.
METHOD	Snap or cut outer leaves at the base, leaving the crown.
CURING	None needed.
STORAGE	Fridge crisper, about a week.