

 SUN Full-part sun	 WATER Consistent	 SOIL PH 6.5–7.5	 SPACING 10–15cm	 DEPTH 1–2cm
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01 Cool-season quick crop

This is true spinach — the same plant as the earlier spinach guide, distinct from silverbeet or English spinach substitutes. Grow through the cooler months for best results.



02 Planting

METHOD	Direct sow; thin as seedlings crowd.
SOIL	Rich, moisture-retentive.
TIMING	Sow through autumn, winter, and early spring.

04 Problems

- **Bolting** — warmth and long days; grow in the cool season only.
- **Leaf miner** — remove affected leaves.
- **Downy mildew** — humid weather; improve airflow.
- **Slow growth** — feed regularly in poor soil.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Strawberry Brassicas Peas	Potato	Fast crop; rotate loosely with other families.

03 Growing care

- Thin to final spacing early.
- Keep soil consistently moist.
- Harvest outer leaves regularly.
- Pull at the first sign of bolting.

05 Harvest & storage

SIGNS	Leaves reach usable size, before any flower stalk forms.
METHOD	Cut outer leaves or the whole plant.
CURING	None needed.
STORAGE	Fridge crisper, a few days.