

ALLOTINABOX®

SEED HELP

No.1 SPINACH

Perpetual says it all. It's the seed that keeps on giving, simply trim off the leaves and watch them grow back again, lovely greens all summer! True Spinach can be a little tricky, but beet is perfect for beginners, a great starter project for GYO newbies and it's just as tasty.

Affectionately known by experienced gardeners as a solid performer; even in the heat of the summer in ordinary soil... although they'll grow even better if you mix in a bit of manure or compost.

Start by drilling holes about 2cm deep; just stick your finger in. Make these about 20 cm apart from each other, throw about 4 seeds in each, cover and then water. If you've got this part right you should start to see your spinach sprouting in about a fortnight. Once they're big enough to handle, identify the strongest plant in each group and pull out the others over a couple of days, in-case the leader takes a sudden divebomb.

From here in it's all about watering and making sure you keep the weeds out. When you cook spinach you can see them shrink to their delicious wilted state. This shows you just how much water is in them! So it's important you keep up on your watering.

A couple of things to watch out for! If any flowers emerge pick them off straight away. Slugs are Beet spinach's worst enemy, our friend Cyril the slug loves it. If like us you don't like to use pesticides a bit of grit or sharp sand on the surface of the soil does the trick for us.

When your gorgeous greens are looking especially yummy it's time to harvest. Try to pick off the outer leaves before they reach full size. For one, they're extra tasty; secondly this encourages more growth.

Pick it, eat it, then watch it grow back all over again.

