

Indian spinach



Description

Raw or cooked, indian spinach leaves are an excellent addition to our diet. Cultivated all year round, indian spinach is eaten like spinach.

This leafy vegetable can grow up to 5m tall, climate permitting, so be careful where you sow it.

Watering



Water regularly to keep the soil moist.

Sowing

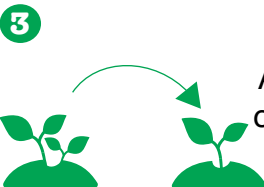


1 Sow in pots in the sun. Place a few seeds, spacing them well apart. Cover with potting soil. Water in fine rain.



2 As soon as the plants have 5-6 leaves, transplant them into the ground or into a larger container. Water in fine rain.

Maintenance



3 After transplanting, keep only the most vigorous plants, spacing them 40 cm apart.

Place a stake next to each plant and tie the stem to it, to encourage growth.

Harvest



Around 2 months after sowing, leaves can be harvested for 4 to 5 months.

Don't wait for the plants to flower, as this makes the leaves bitter.

Tips

Indian spinach can be prone to disease and pests, notably snails and slugs, as well as aphids that attack the leaves. To limit this, natural solutions can be implemented, such as installing a net over the plantation.