

# Spinach



## Description

Spinach is a highly prized leafy vegetable. Eaten raw or cooked, it is rich in vitamins, antioxidants and minerals.

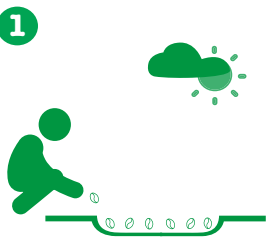
Beware: spinach shrinks considerably when cooked, so you'll need to sow a lot to obtain a satisfactory harvest.

## Watering

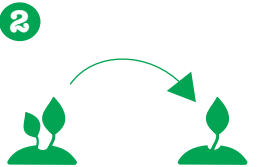


Regular and fairly abundant watering is recommended to ensure that your plantation develops properly.

## Sowing



**1** Sow in rows: dig furrows 2 to 3 cm deep, 25 cm apart. Place seeds and cover with soil. Water in fine rain.



**2** As soon as 3-4 leaves appear, keep only the most vigorous plants.

## Maintenance

Weeding and hoe regularly to limit seed set.

Mulching will reduce the frequency of watering and protect the crop from pests.

## Harvest



Harvesting takes place about 1 month after sowing, then every 15 days thereafter.

## Tips

A number of plants can be combined with spinach to protect it from pests and ensure their growth: lettuce, leek, radish and cabbage.

Companion plants ✓



To avoid ✗

