

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



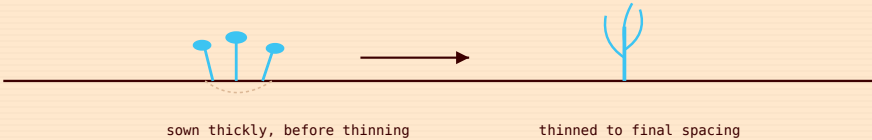
SPACING
20–30cm



DEPTH
1–2cm

01 The reliable, heat-tolerant green

Where true spinach bolts in warmth, silverbeet keeps producing through much of the year — a 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.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

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.

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.
PRESERVING	See Fermenting (sauerkraut and fermented brassicas) or Freezing Produce (blanching and freezing a glut) for ways to keep a harvest surplus.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Brassicas Beans	None major	Rotate with the beet family every 2–3 years.