

English Spinach

Spinacia oleracea · *Amaranth* family

DIFFICULTY Easy
TYPE Annual, cool season, direct sown
MATURITY 40–50 days



SUN
Full–part sun



WATER
Consistent



SOIL PH
6.5–7.5



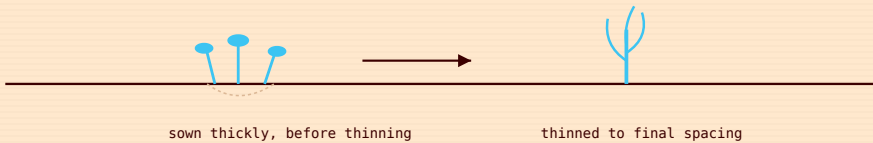
SPACING
10–15cm



DEPTH
1–2cm

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.

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

- **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.

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.
PRESERVING	See Freezing Produce (blanching and freezing a glut) for ways to keep a harvest surplus.

06 Companions & rotation

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