

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



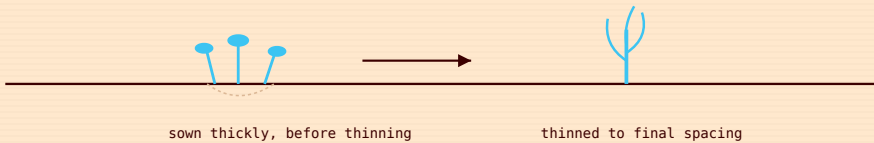
SPACING
10–15cm



DEPTH
1–2cm

01 Cool-season quick crop

True spinach bolts fast once days lengthen and warm up. Grow it through the cooler months, and switch to a heat-tolerant substitute like English spinach or silverbeet in summer.



02 Planting

METHOD	Direct sow; thin as seedlings crowd.
SOIL	Rich, moisture-retentive, high organic matter.
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.

03 Growing care

- Thin to final spacing early.
- Keep soil consistently moist.
- Harvest outer leaves regularly to prolong the crop.
- Pull at the first sign of bolting — leaves turn bitter.

04 Problems

- **Bolting** — warmth and long days; grow in the cool season only.
- **Leaf miner** — pale tunnels in leaves; remove affected leaves.
- **Downy mildew** — humid weather; improve airflow.
- **Slow growth** — nutrient-poor soil; feed regularly.

05 Harvest & storage

SIGNS	Leaves reach usable size, before any sign of a flower stalk forming.
METHOD	Cut outer leaves or the whole plant at the base.
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.