

# Kids Grow Spinach

Spinach can be eaten raw or cooked. It's really good for you, and has more vitamins than most other vegetables.

Spinach is one of the fastest and easiest things to grow. There are summer and winter varieties so you can grow it all year round in containers or in the garden.

Sow more seeds every two weeks for a constant supply!

## Popular spinach varieties

### 'Apollo'

Great for containers

### 'Amazon'

Grow it outdoors or in containers

### 'Mikado'

Pretty, ornamental variety

## What you'll need:

- Spinach seeds
- Multipurpose compost and containers
- Watering can

## Why should you eat it?

Spinach is a superfood! Dark, leafy greens like spinach are important for skin, hair, and bone health. Spinach is loaded with tons of nutrients, including:

### Vitamin A

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

### Vitamin B2

Also known as 'riboflavin', this helps your body make red blood cells.

### Vitamin C

Good for your immune system, skin, blood vessels and bones - and helps with healing wounds.

## PAINTING WITH GREENS!

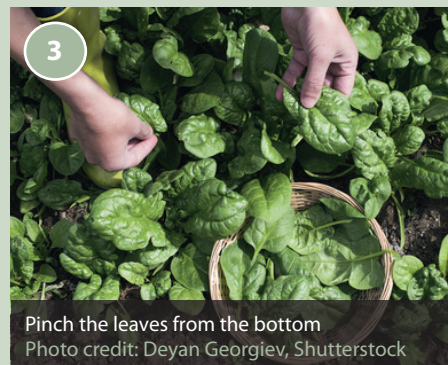
Spinach was popular with Medieval artists. They extracted green pigment from it to use as green ink or paint!



Sow your seeds individually  
Photo credit: Adam Szuly, Shutterstock



Baby spinach plants  
Photo credit: Sylvie Bouchard, Shutterstock



Pinch the leaves from the bottom  
Photo credit: Deyan Georgiev, Shutterstock

## Step 1: Sow your spinach seeds

- Sow summer varieties March to June and winter varieties in August and September.
- Summer spinach prefers a shady spot.
- Make a trench (2.5cm deep) with a trowel or your finger.
- Sow your seeds individually, 15cm apart, cover with soil and gently water.

## Step 2: Grow your spinach

- Keep your spinach well watered.
- Thin your seedlings to 7.5cm apart, once they're big enough to handle.
- Winter varieties need protection from October. Cover them to keep them warm.
- Your spinach is ready to harvest once the leaves are big enough to pick.

## Step 3: Harvest your spinach!

- Harvest the leaves by pinching them out from the base of the plant.
- You can pick as much or as little as you need - a few leaves for a salad or a whole plant for a family meal.
- Spinach tastes bitter if the leaves are left to get too big.
- The more you pick, the more leaves your plants will produce!