

FACT SHEET

BABY LEAF SPINACH

A popular addition to mixed salads, baby spinach leaves are prized for their nutty flavour and pleasant texture. Smooth, round leaves are ready for harvest in a matter of weeks.

Best time to sow:	Warm zones – late Autumn to Winter, Temperate zones – Autumn, early Winter & Spring, Cool zones - Autumn & Spring
Best in:	Vegie patches and pots
Where to grow:	Full sun to part shade
Harvest time:	6-8 weeks
Recipe Ideas:	Salads, pasta, omelettes, quiche



PLANTING TIPS

- Sow seed directly in a garden bed or pot and keep the soil moist
- Thin out any crowded seedlings once they have germinated.

GROWING GUIDELINES

- Add **Yates® Dynamic Lifter® Organic Plant Food** to the bed or pot before sowing
- Fertilise regularly with **Yates® Thrive® Vegie & Herb Liquid Plant Food** to encourage large tender leaves.
- Grow in a cool spot during hot weather

HARVESTING TIPS

- Harvest the leaves regularly to promote more new growth
- Sow more seed regularly to maintain an ongoing supply of fresh spinach.