

Spinach

(*Spinacia oleracea*)

Recommended Varieties

Melody Hybrid
America

Disease Resistance

AAS, DM, V
AAS

A cool climate is best for producing spinach. During periods of warm temperatures and long days, plants are likely to produce seed stalks before making desirable foliage growth. Spinach is fast growing and short-lived and matures its leafy foliage in 7 weeks. Spinach then quickly goes to seed, although it produces for a longer period in the cool, coastal areas before seed stalk development occurs. When ready to harvest, you can either cut the entire plant or just remove the outer leaves. If you carefully cut the plant above the growing point, you can then obtain a second crop.

New Zealand spinach, which forms short runners and resembles regular spinach in leaf shape, is frost sensitive but tolerates warm weather much better than regular spinach. It is productive all season and can be cooked or used raw in salads.

Nutritional Value

Serving size:	1/2 c. boiled	<u>Primary Nutrients</u>		<u>%RDA(m/f)</u>	<u>%RDA(f)</u>
Calories	21	Vitamin A	737 RE	74	92
Fat	0.2 g	Folic acid	131 mcg	66	73
Calories from fat	9%	Iron	3.21 mg	32	21
Cholesterol	0	Magnesium	79 mg	23	28
Sodium	63 mg	Calcium	122 mg	15	15
Protein	2.7 g	Vitamin C	9 mg	15	15
Carbohydrate	3.4 g	Riboflavin	0.21 mg	12	16
Dietary fiber	2.0 g	Vitamin B6	0.22 mg	11	14
				<u>% Min. Requirement</u>	
		Potassium	419 mg	21	

Problem Diagnosis for Spinach

What the Problem Looks Like	Probable Cause	Comments
Plants begin to grow tall and send up flower stalks	Bolting. Caused by long daylight periods from late spring to early fall	Plant spinach in fall or early spring. Choose varieties carefully.
Leaves partly or entirely consumed. Light green caterpillars are visible.	Loopers	
Leaves become faded yellow	Aphids	Wash aphids from leaves before eating.
	Inadequate nitrogen	Sidedress with nitrogen fertilizer
Leaves have light green to yellow blotches. Pull back skin of blotch to find maggots in the mine.	Leafminers	Pick off and destroy infested leaves.
Yellow to pale green areas on leaves. Fluffy gray spores develop on undersurface of leaves after rain or heavy dew.	Downy mildew A problem when weather is wet and humid or under frequent sprinkling.	Plant resistant varieties. Remove old plant debris. Rotate.
Poor germination, emergence	High soil temperatures	Plant at correct time.