

## Spinach F1 Hybrid - Vegetable Seeds



Spinacia oleracea.1 packet contains 20gm seeds of spinach.

Rating: Not Rated Yet

### Price

Variant price modifier:

Base price with tax

Price with discount ?115

Salesprice with discount

Sales price ?115

Sales price without tax ?115

Discount

Tax amount

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Description

## Description for Spinach F1 Hybrid

Spinach F1 Palco is an established favourite, it grows slowly, is high yielding and slow to bolt and is therefore very suitable for summer cultivation. It produces quality, dark green leaves, throughout the season. Sow directly outdoors from March to September, it can also be overwintered with later sowings under glass.

Spinach has similar growing conditions and requirements as lettuce, but it is more versatile in both its nutrition and its ability to be eaten raw or cooked.

**Common name(s):** Spinacia oleracea

**Flower colours:** green

**Bloom time:** spring as well as fall and winter season

**Max reachable height:** 20cm (8")

**Difficulty to grow::** easy to grow

## Planting and care

The best growing technique for spring and summer crops is to sow direct into prepared seed beds in the kitchen garden or greenhouse border. Grow at closer density for baby leaf. Tip a small amount of seed into your hand, take a pinch and spread thinly along the trench. Cover with soil, label and water.

**Sunlight:** Full Sun

**Soil:** well-drained soil Or Loamy Soil

**Water:** Water Regularly.

**Temperature:** 70Å°F

**Fertilizer:** Apply any organic fertilizer

## Caring for Spinach F1 Hybrid

Keep well watered to avoid bolting (running to seed).

## Harvesting

Spring sowings should be ready to be picked in 40 to 50 days. Harvest in the morning. Take what you need by cutting leaves from the outside of the plant, taking care to avoid damage to the roots.

## Typical uses of Spinach F1 Hybrid

**Special features:** Spinach leaves give shades of green when used as a natural dye.

**Culinary use:** Spinach can be eaten raw in cold or warm salads or cooked and used as a side dish, in soups or pasta sauces. It is popular in egg dishes such as soufflés, omelettes or quiches. The classic dish, Eggs Benedict, includes spinach. Boil, microwave, steam, stir fry.

**Medicinal use:** Extraordinarily high in vitamin C and rich in riboflavin, one portion of cooked spinach also contains a very high level of vitamin A, folate, magnesium, potassium, as well as vitamins E, B6, and thiamine.

## References

<http://www.thompson-morgan.com/vegetables/vegetable-seeds/brassica-and-leafy-green-seeds/spinach-palco-f1-duchy-originals-organic-seeds/gwd0595TM> <http://www.seedaholic.com/spinach-f1-palco-organic.html>

## Reviews

Wednesday, 22 July 2020

Vijayaraj Rajaram

Tuesday, 21 July 2020

Venkatraman Krishnamoorthy

Wednesday, 18 March 2020

Anand

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