

## Spinach Pahari - Desi Vegetable Seeds



The Spinach is a most common vegetable in many food cultures. This packet contains approximately 35 seeds.

Rating: Not Rated Yet

### Price

Variant price modifier:

Base price with tax

Price with discount ?55

Salesprice with discount

Sales price ?55

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Discount

Tax amount

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Description

## Description for Spinach pahari

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):** Spinach pahari

**Flower colours:** NA

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

**Max reachahle height:** Up to 8 inches

**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, Loamy Soil

**Water:** Moderate

**Temperature:** 70 degrees F

**Fertilizer:** Apply any organic fertilizer.

## Caring for Spinach pahari

- Keep well watered to avoid bolting.
- Avoid over-watering. Water when the soil feels dry to touch.
- Apply nitrogen-rich fertilizer in the growing stages.
- Avoid damage to the roots if you wish to grow further.

## Harvesting

Spring sowings should be ready to be picked in 40 to 50 days. Harvest in the morning.

## Typical uses of Spinach pahari

**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.

**Ornamental use:** NA

**Medicinal use:** Extraordinarily high in vitamin C and rich in riboflavin.

## 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>

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Yeswant Manivannan

Wednesday, 22 July 2020

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