

Spinach F1 Hybrid - Seeds - buy 1 get 1 free



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

Rating: Not Rated Yet

Price

Sales price R 105

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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	Flower colours	Bloom time	Height	Difficulty
Spinacia oleracea	green	spring as well as fall and winter season	20cm (8")	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	Soil	Water	Temperature	Fertilizer
Full Sun	well-drained soil Or Loamy Soil	Water Regularly.	70Å°F	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>