



Know What You Grow!



SPINACH

Scientific Name: *Spinacia oleracea*

Chenopodiaceae family: Beet, Chard, Spinach

Recommended Varieties:

- Melody Hybrid
- American Spinach

Common Pest(s):

Caterpillar: leaves partly consumed – pick the caterpillar off plant.

Aphids: leaves become yellow – wash aphids from leaves before eating.

Leaf miners: leaves have light green or yellow blotches – pick off and destroy affected leaves. [IPM Spinach](#)

Images: Creative Commons, Stock Images

Growing Information

Cool Season Plant

Spinach is an annual plant. A cool climate is best to prevent the plant from bolting.

Ideal Planting Window

The ideal soil temperature for planting spinach seeds is between 45 – 75 degrees.

Interior Valleys September – January

Desert Valleys September – November

Growing Guidance

Spinach is a fast-growing plant; it will mature in about seven weeks. If you cut the leaves just above the growing point, you can get a second crop.

Plant will bolt (grows tall and sends up flower stalk) if planted too early.

California Master Gardener Handbook pg. 397



Interesting Facts

Scholars believe that spinach originated in Ancient Persia about 2000 years ago. From there it was introduced to India and China by the way of Nepal in 647 AD. From there it became a popular vegetable in the Arab Mediterranean and appeared in Spain at the latter part of the 12th century. Spinach appeared in England and France around the 14th century. It became extremely popular because it appeared in early spring when most fresh vegetables were not available.

Popeye The Sailor man was portrayed as becoming stronger after consuming a can of spinach. The words "I am strong to the finish because I eats me spinach" was popularized by the cartoon.

China produces the highest amount of spinach worldwide, with the United States coming in second. Japan and Turkey also produce spinach. The total world production of spinach in 2018 was 26.3 million tons.

[Wikipedia Spinach](#); [Britannica Popeye](#)

Nutritional Information

Nutritional Value

Spinach is a low calorie nutrient packed vegetable. It is a rich source (20% or more Daily Value, DV) in vitamins A, C, K. It contains magnesium, manganese, iron, and folate. Spinach is a good source of B vitamins, riboflavin, vitamin E, and calcium.

[Healthline](#)

Recipe: Hoppin' Pear Salad



Ingredients

2 c spinach, or lettuce spinach combined.

4 pear halves

½ c cottage cheese

8 sliced almonds

12 raisins

Prepare:

Place ½ c spinach (or spinach lettuce mix) on each plate

Place ½ pear on green cut side

Use narrow end for face and place almonds for ears and raisins for eyes.

Place 2 TBS. cottage cheese at the other end for tail.

Recipe from Oregon State University go to [FoodHero.org](#) for more recipes

[FoodHero Recipes](#)

Contact Information



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