



Growing Spinach in a kitchen garden

Spinach is packed with nutrients such as iron, protein, vitamin A and chlorophyll.

It can be eaten raw in salads or lightly steamed with a wide range of dishes.

Varieties of Spinach

Fordhook Giant from **Royal Seed** is the best variety. It is dark green, has large and crumpled leaves, matures in 60-75 days and grows well, even in a hot climate.



You can buy seedlings and plant or raise your own seeds in a nursery for 3-4 weeks before you plant.

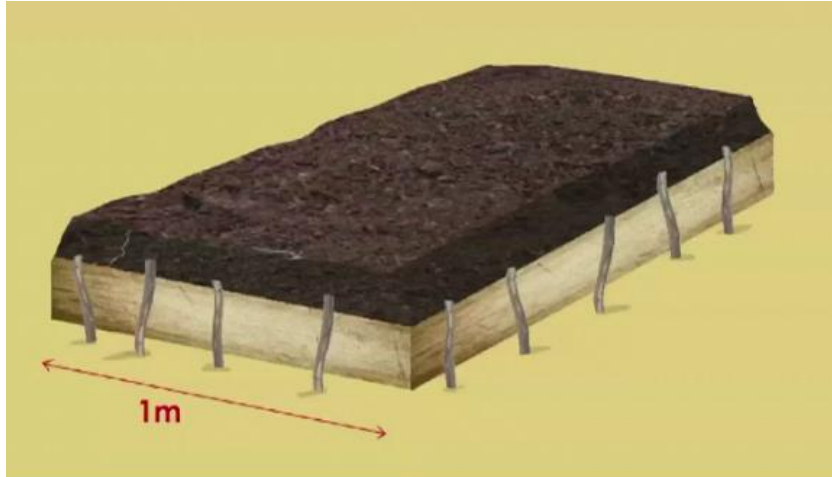
Always buy certified seeds. 95-100% of the seeds will grow, so you will use less seed. Certified seeds also:

- Give high yields of good quality
- Are resistant to some diseases
- They grow fast, strongly and uniformly

Buy certified seeds from agrovets. Fordhook Giant seeds come in pack sizes of 10g, 25g, 50g, 100g, 250g and 500g.

Nursery establishment

Select a location secure from animals, has direct access to sunlight and can get water easily.

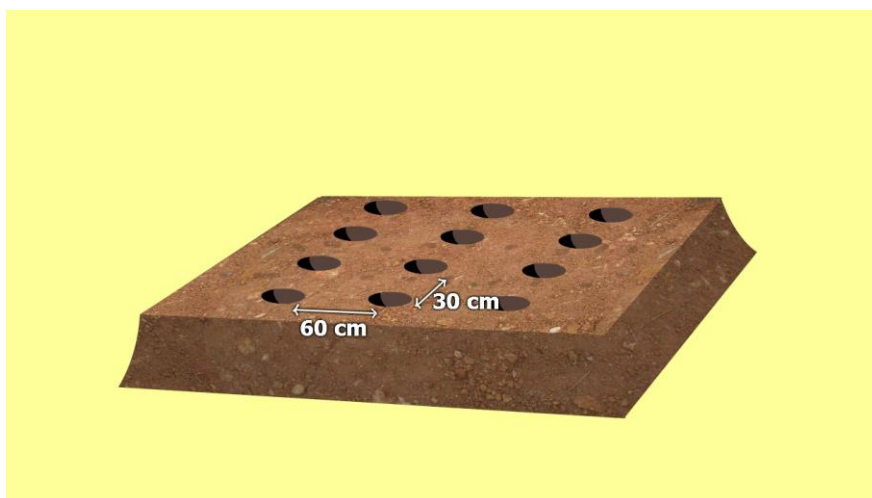


- Add manure to improve soil fertility, structure and allow for water to drain freely.
- Make a bed 15-20 cm high, 1 m wide and of any length.
- Make drills 3 cm deep 30 cm apart and spread your seed thinly then cover slightly with a thin layer of soil.
- Control pests using MIDA and diseases like damping off using PEARL

Transplant after 3-4 weeks and pick strong, vigorous and healthy seedlings.

Planting

Transplant the seedlings early in the morning or late in the evening. Water the nursery well to make the seedlings easy to uproot and avoid root damage.



- Plant spinach at a spacing of 60 cm by 30 cm.
- Use Mavuno Vegetables fertilizer N.P.K 20.10.18 at planting.
- Mix well with the soil before placing the seed to avoid scorching.
- If it is not raining, water the plants and put dry grass or leaves on the base to conserve water in the soil and suppress weed growth.
- Plant in different plots at different times to ensure continuous supply of the vegetables.

You can also do sack gardening if your farm is small. Call us on 0711082606 to know how to set it up.

Management

- One month after planting, topdress with Mavuno Topdress and after every harvest spray with Easy Gro Vegetative foliar.
- Remove weeds as they compete for food, light and water meant for the crop.
- Control pests and diseases which may reduce your expected yield, use ASATAF to stop pests and RIDOMIL for diseases.
- Check your field on a daily basis to help in detecting diseases and pests early enough and take action.
- Practice crop rotation to avoid some common pests and diseases which build up overtime when the same crop is planted in the same field over and over again.

Harvesting

Depending on the variety, spinach will be ready for harvesting after 2-3 months. At this stage, it will have developed large, fresh and mature leaves.



Harvest by cutting the outer leaves from the stem and repeating this towards the center as the younger leaves mature. The entire plant can also be cut at the base to allow for a new sprout to grow.