

SPINACH & CHARD



Spinach - Amazon



Rainbow Chard



Spinach Beet - Perpetual

- Chard and Spinach are very similar, and are frequently used as 'baby leaves' in many restaurant and supermarket salad mixes. They are milder when used as baby leaves, but are just as good when allowed to grow on to full size.
- Chard will benefit from slightly wider spacing than spinach as the plants will keep getting bigger and survive right through winter. The chopped stems make vibrant stir-fries, or are good steamed, and the leaves can be treated as you would spinach
- Spinach needs to be kept well watered through the summer months to prevent it from 'bolting' due to stress, and the variety 'Amazon' is more tolerant of high temperatures and doesn't bolt as fast as many other varieties.
- Spinach beet is a longer-lived plant, coping well with the colder months and rarely running to seed in its first year.