

# Spinach



**Sun:** Plant in full sun (6 to 8 hours). Space 2 to 4 inches apart within rows or 3 to 4 plants per 2-gallon container. Plant mid-April through mid-May and mid-July through early August.

**Soil:** Amend with organic matter to create a well-drained soil. Avoid planting in unamended sandy or heavy clay soils. If the soil test shows the pH is below 6.2, apply lime as recommended.

For proper drainage in a container garden, use potting mix and ensure containers have drainage holes. Alternatively, consider using self-watering containers.

**Water:** Keep soil consistently moist but not saturated. Apply 1 to 2 inches of water each week and more during hot summer days. Keep leaves dry to avoid fungal diseases. Mulch helps retain moisture.

**Plant:** Direct sow seeds  $\frac{1}{2}$  to 1 inch deep. Transplants are not recommended.

**Fertilize:** In the absence of a soil test, apply an all-purpose fertilizer (8-8-8 or 10-10-10) at planting, according to label directions. Apply nitrogen alongside plants 4 to 6 inches from the stem (side-dress), 3 to 4 weeks after sowing seeds.

**Insects/Diseases/Weeds:** Scout plants frequently for insect and disease damage. Use insecticidal soap (for soft-bodied insects) or Bt dust or spray (for caterpillars, or worms). Spray fungicides regularly to suppress common fungal diseases. Always follow label instructions. Mulch inhibits weeds and diseases.

**Harvest:** Harvest at 40 to 50 days, when leaves are 4 to 6 inches long. Harvest time varies depending on the variety.

**Other:** Succession planting every 2 to 3 weeks will produce a longer harvest.

Visit [www.aces.edu/go/growmore](http://www.aces.edu/go/growmore) for more information.

**GROW  
MORE  
GIVE MORE**

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs.

© 2023 by the Alabama Cooperative Extension System. All rights reserved. [www.aces.edu](http://www.aces.edu) ANR-2876-W

[www.aces.edu/go/growmore](http://www.aces.edu/go/growmore)

**extension**  
ALABAMA A&M & AUBURN UNIVERSITIES

SCAN HERE

