



Plant Information

Common Name: Spinach
Scientific Name: *Spinacia oleracea*
Plant Type: Annuals

Physical Characteristics

Height/Spread: 20-30 cm tall, 20-25 cm spread
Growth Rate: Fast
Flower Color(s): Yellow-green
Foliage Color(s): Dark green
Bloom Time: Spring, Summer

Plant Description

Spinach is a nutritious and versatile vegetable that grows well in Canadian gardens. With its fast growth rate and low maintenance requirements, it is an excellent choice for beginners and experienced gardeners alike. The dark green foliage and yellow-green flowers add visual interest to any garden, while its high nutritional value makes it a popular choice for homegrown produce. Spinach thrives in loamy soil and moderate watering conditions, making it a reliable and productive addition to any garden. Whether used in salads, cooked dishes, or enjoyed fresh, Spinach is a valuable plant for any Canadian gardener.

Optimal Growing Requirements



Sun: Full Sun, Part Shade



Water: Moderate Watering



Soil: Loamy, well-drained soil



Hardiness Zone(s): Zone 2-9

Maintenance & Care

Maintenance Level: Low
Potential Pests & Diseases: Common pests include aphids and flea beetles, prone to downy mildew and powdery mildew

Additional Information

Special Features: Rich in nutrients like iron, vitamins, and antioxidants
Common Uses: Often used for salads, sandwiches, and smoothies

Notes



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