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18402

BIO - Spinat - Matador

Organic - Spinach - Matador

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Spinacia oleracea

Matador is a year-round rapidly growing and high-yielding spinach variety with large and dark green leaves. Every two weeks or as required, the plant can be re-seeded on the balcony in a flower box or in pots. Clean the leaves to get rid of any dirt and grit. It can be used raw for preparing smoothies. Since spinach will lose its green colour and many of its vitamins during cooking, it should be blanched briefly beforehand. First, remove the bitter stems and th

Natural location: Spinach has been cultivated since time immemorial in ancient Persia, India and China and since the 14th century in Europe as well.

Cultivation: For preparing the patch, break up the soil properly and add two to three litres of mature compost per square metre to the earth. Place the seeds side by side in the 2 to 3 cm deep seed furrow and leave about 20 to 35 cm space between the furrows. You can also start the cultivation with pre-propagation by placing 5 to 7 seeds in a small pot or flower box on your window sill or balcony. With a temperature of about 12° Celsius, spinach germinates within 8 to 10 days. In the first weeks you should keep the plants covered with some garden foil. After 6 to 8 weeks you can bring in the first harvest.

Place: Spinach needs humus-rich and penetrable soil, as it develops approximately 30 cm deep rooting. The plant can be cultivated either in sunny or a semi-shaded places.

Care: Spinach has a low nutrient demand, and other than adding compost while initially preparing the patch it doesn't need any additional nutrients. Too much fertilizing causes rather an undesirable nitrate accumulation in the leaves. Water the plant regularly and sufficiently to keep even the deeper layers of the soil moist, as with dryness the leaves will wither quickly.

During the winter: During the winter, spinach doesn't need any protection, as this is the actual harvest season.