

Plant your own spinach

Spinach is an easy vegetable to grow and is very healthy for humans. Spinach can reduce the risk of cancer and can even protect your eyes and heart from growing weak. Although spinach is low in calories and is good for a healthy diet, many doctors advise that it should NOT be eaten more than twice a week.

They also recommend that pregnant women eat spinach during the first three months of pregnancy, because spinach contains folic acid which is good for the development of the baby – but stick to eating it only two times per week.

Prepare and plant

- Add 6 to 8 cm of compost to your soil to improve the fertility and drainage of the soil.
- Plant your seeds in seed beds and water them every day with a sprinkler or watering can. Water them every second or third day once they are approximately 1,5 cm high.
- Transplant the seedlings when they are approximately 8 cm high. They will reach this height 6 to 8 weeks after planting.
- Make holes of 1,5 to 2 cm deep and 3 cm apart. Put a seedling in each hole and cover with soil.
- Water your spinach in the early morning or late afternoon when the sun is not so harsh.


Protecting your spinach

- Protect seedlings from sun and wind by placing a small branch with leaves behind each seedling.
- You can also use a net made of orangebags as a shade-roof. Remove the net after 7 to 10 days.
- Spinach should get full sunlight for most of the day.
- Throw crushed egg shells around the plants to keep snails and cutworms away.
- Use a recognised pesticide to fight off nematodes.

Harvesting

- Spinach can be harvested approximately 85 days after the seeds were sown.
- Harvest your spinach when it is between 12 to 15 cm tall.
- Clip the leaves off near the base of the plant.
- Clip only a few leaves per plant. This will allow the spinach to keep on producing new leaves in the middle and you will have a steady supply of spinach for a few months.

Dish it up

Spinach is very easy to prepare. Always wash it first. Boil it with onions and potatoes, cream it by adding fresh cream to plain boiled spinach, add some mushrooms or cut it up raw in a salad. 

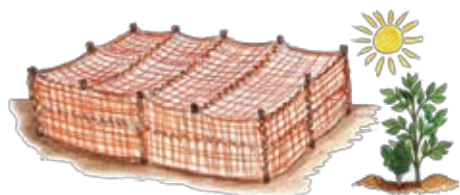
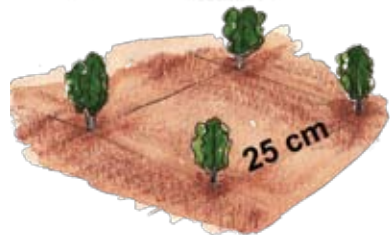
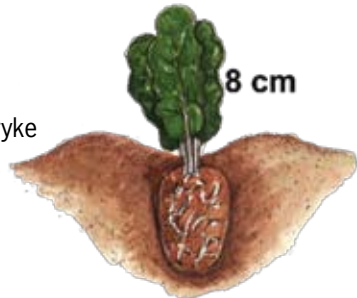
Spinach

1. Plant the seeds in well-prepared, compost rich soil.
2. Water every day until seedlings are 1,5 cm high.
3. Water every 2nd or 3rd day until seedlings are 8 cm high.
4. Transplant seedlings and water regularly.
5. Harvest after 85 days.



Spinasie

1. Plant die saadjies in goed-voorbereide, komposryke grond.
2. Gee elke dag water totdat die saailinge ongeveer 1,5 cm hoog staan.
3. Gee dan elke 2de of 3de dag water, totdat die saailinge 8 cm hoog is.
4. Plant uit en gooi gereeld nat.
5. Oes na sowat 85 dae.



Isipinashi

1. Tshala izimbewu emhlabathini olungiswe kahle, onothiswe ngemvundisa.
2. Chelela zonke izinsuku izithombo zize zibe ukuphakama okungu-1,5 cm.
3. Chelela njalo osukwini lwesi-2 noma lwesi-3 izithombo zize zibe ukuphakama okungama-8 cm.
4. Zikhiphe izithombo uzitshale kwenye indawo bese unisela ngokuvamile.
5. Vuna emva kwezinsuku ezingama-85.

Sepinatjhe

1. Jala dipeo mobung o lenngweng hantle, o nonneng o kentsweng moitedi.
2. Nosetsa dipeo tsena letsatsi le leng le le leng ho fihlela dimela tse nyenyane di hotse ho fihla ho 1,5 cm.
3. Nosetsa dimela ka letsatsi le leng le le leng la bobedi kapa la boraro ho fihlela dimela tse nyenyane di hotse ho fihla ho 8 cm.
4. Jalolla dimela tsena tse nyenyane le ho di nosetsa ka mehla.
5. Di hele ka mora matsatsi a 85.



Isipinatshi

1. Tyala imbewu kumhlaba olungiswe kakuhle, umhlaba ochumileyo ngekomposi.
2. Nkcenkceshela yonke imihla zide izithole ziphakame kangange-1,5 cm.
3. Nkcenkceshela njalo kusuku lwesi-2 okanye lwesi-3 zide izityalo ziphakame kangange- 8 cm.
4. Tyala izityalo yaye unkcenkceshele rhoqo.
5. Vuna emva kweentsuku ezingama-85. **UM**

