



Ceylon Spinach - Green Stem

Ceylon Spinach, otherwise known as Malabar Spinach, or Basella, grows as a warm season annual, best supported with a trellis.

The vine grows best in full sun, slowly at first but rapidly once it is established, taking only 9 to 11 weeks to start harvesting.

The leaves and shoots taste similar to ordinary spinach and they can be harvested regularly to be eaten raw or cooked.

Fertilise regularly with fish emulsion or liquid manure and in hot weather be sure to water daily. Pick any flowers as soon as they form to keep the plant focused on producing new shoots and leaves.

ERINDALE COMMUNITY GARDEN