



Spinach Beet

Spinach beet is a member of the Chard family, however it is closer to spinach in flavour.

Plant in full sun, to a little light shade, in a deep humus rich soil.

You will need to keep the soil moist for best results and continual picking of leaves is the recommended method of harvest.

The young leaves are the best, so pick regularly. This will encourage more growth.

Water regularly and fertilise with a nitrogen rich fertiliser.

The plant shouldn't bolt in its first year, and at the end of the second year it is best to replace the plants.

Eat it fresh when the leaves are young. Older leaves can be cooked and eaten. Excellent in a stir fry.

ERINDALE COMMUNITY GARDEN