READY 2 GROW
ROOTED RESILIENCE DELIVERED

PLANTING CARD

Spinach

Fordhook Giant · big, glossy leaves



Big, glossy leaves that keep coming. South Africa's favourite.
Start picking about 6–8 weeks after planting.

WHEN TO PLANT
Plant all year
Easiest in the cooler months

LIGHT
Sun or light shade
Shade helps in hot spells

SPACING
30–40 cm apart
Rows 40–50 cm apart

WATER
Regular watering
Keep the soil evenly moist

SOIL & FEEDING
Rich soil, lots of compost
Feed every 4 weeks

HARVEST
Pick the outer leaves
From about 6–8 weeks

Planting your seedlings

1. Water the tray well an hour before planting.
2. Plant at the same depth as the plug.
3. Firm the soil around the stem and water in well.
4. Keep picking: the centre grows new leaves for months.

064 526 1428 · sales@ready2grow.co.za

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