

Despite its name, perpetual spinach is neither truly perpetual nor genuine spinach. It's a biennial plant that goes to seed in its second year but offers an almost year-round supply of nutritious leaves, making it a fantastic addition to your container garden



Picking the Perfect Pot

- Choose a container that's about 12-14 inches deep with a similar width to allow plenty of room for root growth.
- Ensure your container has adequate drainage holes to prevent waterlogging, which spinach strongly dislikes.

Soil Selection

- Use a high-quality, well-draining potting mix. We recommend Klasmann Organic Seed Compost from our friends at Quickcrop, but any peat-free mix will do the trick.

Sowing the Seeds

- Plant the seeds about half an inch deep and 2-3 inches apart. If you're sowing in larger containers, you can space rows about 6 inches apart.
- Thin to Win: Once your seedlings have a couple of true leaves, thin them to about 6 inches apart to give each plant enough space to mature.

Perfect Placement

- Perpetual spinach isn't picky— it grows well in both partial shade and full sun. However, a spot that gets morning sun and afternoon shade will keep it thriving without bolting too quickly.

Watering

- Perpetual spinach prefers a steady amount of water, especially as it grows larger and the weather warms up.

Perpetual spinach is actually a biennial chard that provides a robust supply of greens nearly year-round if harvested regularly. Ideal for container gardening, it thrives in varied light conditions and requires consistent moisture.

