

Spinach

“Monstrueux de Viroflay” Variety

PLANTING GUIDE

Fun fact: Variety cultivated in France; “monstrueux” means monstrous in English

HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** How can you plant your veggies so both get the maximum amount of sun? Arugula will reach 3-4” in height (i.e. not very tall).
3. **Row spacing.** Most plots will only accommodate **1 row** of this giant spinach. **Space rows 2 ft apart.**
4. **Seed Depth.** Use the popsicle stick to dig a **small ½” deep hole** for each group of seeds.
5. **Planting seeds.** **Place a group of 3 seeds every 8 “ a part.** Gently cover with soil.
6. **Mark your hole.** Place a popsicle stick near (not on top of) each seed grouping. Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
7. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
8. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **5-10 days.**
2. **Thinning.** PTO Gardeners will thin the seedlings once they are 4” tall so that there is only 1 per 8”.
3. **Observe your plants regularly.**
4. **Insects.** Look for insects that might munch on the leaves!

HARVEST:

- ~ **28-50 days (spinach)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- According to Botanical Interests, “Pick individual leaves from outer edges of plant as they become big enough to use, or cut the whole plant 1” above the ground, and new leaves will be produced. Harvest before the plant sends up a flower stalk.”

<https://www.botanicalinterests.com/product/spinach-monstrueux-de-viroflay-heirloom-seeds/srch:spinach>