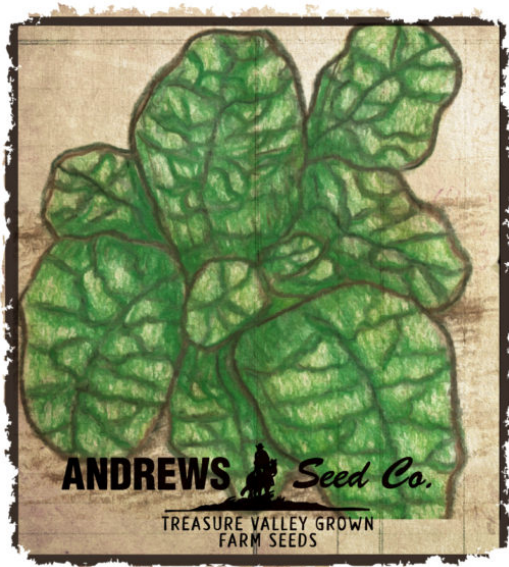


# BLOOMSDALE LONGSTANDING

## Spinach

Very dark green, thick, curled leaves. 'Bloomsdale' was introduced in the early 1800s. It is a vigorous grower, slow to bolt, and has tender, rich-flavored leaves.



## NOTES

### VARIETY INFO

**Botanical Name:** *Spinacia oleracea*

**Plant Dimensions:** 6" - 8" tall

**Days to Maturity:** 28 - 45

**Zone:** 5 - 9

### SOWING & GROWING

**Sow Outside:** RECOMMENDED. 4 to 6 weeks before your average last frost date, and when soil temperature is above 40°F; ideally 50°–75°F.

**Successive Sowings:** Every 3 weeks until 4 weeks before your average first fall frost date.

**Start Inside:** Not recommended; roots sensitive to disturbance.

**Days to Emerge:** 5–10 days

**Seed Depth:** ½"

**Seed Spacing:** A group of 3 seeds every 6"

**Row Spacing:** 12"

**Thinning:** When 2" tall, thin to 1 every 6"

### HARVESTING INFO

**Harvest:** Pick individual leaves from outer edges of plant as they become big enough to use or cut the whole plant 1" above the ground; new leaves will be produced. When picking individual leaves, also removing the leaf stem at the same time is best; this reduces vulnerability to disease during die-back and conserves plant energy. Harvest before the plant sends up a flower stalk (bolting). Just prior to bolting, leaves take on an "arrowhead" shape, adding small keel shapes to the base of the leaf.