

SPINACH

WHEN TO HARVEST

1

Spinach leaves are ready to harvest once they are large enough to eat but still tender.

2

Spinach is a hardy plant and can survive in cold conditions, making them a great fall/ winter vegetable.

3

Try to harvest them as soon as they reach appropriate size to avoid bitter flavors.



1

Harvest only the outer leaves. Leaving the center leaves will allow the plant to keep producing.

2

Gently pull the outer leaves off the plant or use small garden scissors to remove them.

STORAGE

Wrap the spinach in a paper towel, then place it in a container or sealable plastic bag. Spinach will last this way in a crisper drawer for 10 days.