**Bloomsdale Long standing Spinach**

* **Days to Maturity:** 28–45 days
* **Family:** Organic, Heirloom
* **Native:** Amaranthaceae
* **Hardiness:** Southwest Asia
* **Plant Dimensions:** 6"–8" tall
* **Variety Information:** 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.
* **Attributes:** Good for Containers
* **When to Sow Outside:** RECOMMENDED. 4 to 6 weeks before your average last frost date, and when soil temperature is above 40ºF; ideally 50°–75°F. *Successive Sowings:* Every 3 weeks until 4 weeks before your average first fall frost date. If mulched, spinach can overwinter in sub–zero temperatures. Soil temperatures above 85ºF halt germination. *Mild Climates:* Sow in fall for cool-season harvests.
* **When to 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:** 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.

**Culture:** Very hardy, spinach prefers cool temperatures. Planted as soon as the ground can be worked in spring to avoid early bolting. **Minimum germination temperature 35°, optimal range 45–65°.** Spinach seed will not germinate in soil temperatures above 85°. For fall crop try late July–Aug. sowing; to overwinter, sow late Aug.–Sept. Heavy nitrogen requirements, but avoid applying high-nitrogen fertilizers shortly before harvest to prevent high nitrate levels in the leaves.

**Care:** To ensure a continuous harvest of tender young leaves, plant in succession every week or two to extend your harvest window.

Pick large leaves often for heavier production. Smooth-leaved spinach is easier to wash than the semi-savoyed type and is increasingly preferred. Heat, crowding and long day-length (over 14 hours) trigger premature bolting. To retard bolting, avoid hot-weather planting, use wider spacing and irrigate or use shade cloth.

The use of disease-resistant and hardy varieties, cold frames, row covers and hoophouses has made spinach into a nearly year-round crop.

**When to plant**

* Transplant: February–April, September–October (possibly November)
* Direct seed: March–April (possibly February), September–October (possibly November)
* If growing from seed for transplants, allow 4 weeks to be ready.

**Harvest window**

* Harvest spinach as soon as the leaves are large enough to use.
* You can pick individual outer leaves, or carefully cut the entire plant above the growing point to encourage a second harvest.
* Once the plants mature, it is best to harvest the whole plant rather than just the outer leaves.

**Care overview**

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