

SUTTONS

Growing your own veg...
made simple!



The easy way to sow seeds

- Pre-spaced seeds in a tape — less 'thinning' out!
- 5m (16½') of tape
- For outdoor growing

PERPETUAL SPINACH

Leaf Beet

SOW: Mar-Jul
HARVEST: Jun-Mar

18 56 29

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PERPETUAL SPINACH Leaf Beet

Tasty and nutritious in autumn/winter

5m (16½') of seed tape



Leaf Beet seedling



How to grow your perpetual spinach...

- 1 Choose a sunny spot in the garden with weed-free soil. Dig and rake the soil to a fine crumbly surface.
- 2 Using the corner of a hoe or rake draw a groove into moist soil.
- 3 Roll out the tape along the groove.
- 4 Cover with soil. Keep the soil moist. Watch your perpetual spinach grow — it's *GrowEasy!*
- 5 Thin the seedlings by degrees to around 20cm (8") apart. (Use larger thinnings for cooking.)

- If growing more than one row, allow 30cm (12") between rows
- Pick continuously to promote fresh growth.
- Remember, you can cut the tape to suit row length.
- Cook quickly to preserve vitamins.



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Quality Control: This seed has been carefully tested to ensure high germination. Prior to use, store in a dry cool place.
Standard Seed.
EC rules and standards.
Suttons Seeds, Paignton, England

For more great products visit: www.suttons.co.uk

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