

# How to Grow Spinach Inside

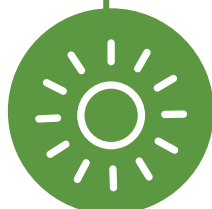
Growing spinach in the classroom

**SPINACH**  
to WIN it!



## Planting

- Choosing a pot: Use a pot that is at least 6-8 inches deep.
- Planting your seeds: Sow seeds 1/4 to 1/2 inch deep directly in your container. Make sure that each spinach plant has 3 inches of space. If you want larger leaves, allow 5 inches between seeds.
- Seedlings should germinate in 5-14 days.



## Keeping your spinach plants healthy

- Sunlight: Find a sunny spot in the classroom for your plant. Areas that receive some shade will be okay if planting in the summer.
- Soil: Use potting soil rich in organic matter and that drains well.
- Watering: Give students turn each day watering the soil but make sure they don't overwater. The soil should be kept moist but never soggy or wet.
- Fertilizing: If you have access to some compost from your school garden or a local garden store, mix some in with your regular potting soil before planting seeds.
- Mulching: This is always a good idea, even if you are growing in pots. Mulching your plant will greatly help your plant retain moisture and keep the soil temperature cool- which spinach likes. You can mulch with hay, straw, or dry leaves.

