

## Description

**Spinach Perpetual**  
**Beta Vulgaris Cicla**  
**Family: Amaranthaceae**

## Growing Tips

Spinach Perpetual is a perennial which grows up to 60cm high with fleshy sometimes red or white thick leaf stalks with large fleshy leaves up to 25cm long and 15cm wide. It has regular, thick venation which gives the leaf a ribbed appearance. A flower appears only after prolonged warm and dry periods in its second year.

## Parts Used

It needs rich, well watered soil and needs to be fertilized frequently with plenty of nitrogen and phosphorus. For best results plant 30cm apart, pick leaves and flower heads to encourage continuous leaf growth and plant in early spring and again early summer.

## Uses

Leaves

Spinach Perpetual is used in quiches, with pasta and eggs, and the young leaves in salads. Older leaves are better cooked to dispel the bitter taste. It's also rich in vitamins A, K and C, some calcium and iron. It can be stored in the fridge for up to five days or frozen after blanching and used for cooking.

## Origin & History

Also called Chard, or Swiss Chard, Spinach Perpetual has been bred from the beet plant to produce nutritious leaves on a negligible root rather than the opposite which is the case in the other beet plants.

