



EasyToGrowSeeds

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Spinach (American)

£2.49

Mid-late vigorous plant that is very productive. Medium sized plants. Tender leaves and full of iron. It is said that this variety was named after Italian immigrants who went to America. @1300. Sow Feb-May and Aug-Oct.

Spinach (*Spinacia oleracea*) is a flowering plant in the family of Amaranthaceae. Spinach is known as a rich source of iron and calcium. It also has a high calcium content.

[Vendor Information](#)