

# »How to grow spinach at home«

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Spinach can be easily grown on different materials such as containers, bags and bottles. Also the plant grows best in cool areas hence need continuous watering.

Additionally, the spinach crop acts as an oxidant, contains iron, vitamins such as vitamin A & Vitamin C, fiber and proteins. Furthermore, when spinach is harvested well the plant can easily regrow thus ensuring food security and continuous income generation.

## Procedures to grow

Start the process by mixing 60% garden soil, 40% compost, this should then be filled in a pot with small holes at bottom to allow water drainage. However, during soil preparation, remove big soil lumps, level soil top, moisten the soil for proper crop establishment. Additionally, plant good quality seeds from reputable dealers.

## Plant management

Always cover seeds with a thin soil layer, gently water not to damage seeds and keep potted seeds in full sunlight as well as keeping soil moist for constant crop growth. Thereafter, provide shade to potted plants if temperatures exceed 26 degrees Celsius. Lastly, cut leaves at bottom when harvesting, fertilize crops with nitrogen fertilizers every 20-25 days and water immediately.