

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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**@KansasCityCommunityGardens**



**@kccommunitygardens**



**www.kccg.org**



**816.931.3877**



**contact@kccg.org**



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Kansas City, MO 64132**

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Spinach

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# KCCG's Varieties

**Nobel Giant (OP)** - 30 days  
Heirloom variety with large leaves that are glossy dark green and heavily savoyed. Sweet and tender with rich flavor. Slow to bolt.

**Red Malabar** - 85 days - Vigorous climbing vines grow through summer into fall. Glossy, thick, savoyed leaves resemble spinach. Mild swiss chard taste. Use leaves and young stems sparingly in salads or stir fries.

**Space (F1)** - 25 days - Tried and true smooth leaf variety for spring, fall or overwintering. Early and high yielding plants are disease resistant and slow to bolt.

## Planting:

Plant 3/20-4/20 or 8/1-8/20  
(Guidelines for planting in raised beds)

When you plant spinach seeds you can either sow them in rows 2-3" apart and thin plants to stand 3-4" apart in each row, which will give you a large amount of baby leaf spinach.

Or, you can sow seeds in rows spaced 4-6" apart and thin plants to stand 6-8" apart in each row, which allows the spinach room to develop larger plants.

## Care:

Seeds: Water regularly with a gentle spray.

Keep the soil moist so that the seeds will germinate.

## Harvest & Storage:

Once plants reach 4" tall, harvest spinach by cutting off the leaves. Cut the leaves from the outer part of the plant and leave the inner stocks to grow more leaves. Spinach will go to seed, or bolt, when the temperatures rise in mid-June. The warmer temperatures and longer days will cause spinach to seed more quickly. Store spinach in the refrigerator for up to one week. Do not wash the spinach until right before use.

## Nutritional Facts

Spinach is high in Vitamin A and C. 100 grams of spinach provides 25% of the recommended daily iron intake. Potassium and calcium in spinach account for a quarter of each of the recommended daily amounts. Once it is cooked, spinach loses half of its vitamins and nutrients.