

I Grow My Greens - Grow Bag Kit User Guide

Contents of Grow Bag Kit:

- Grow Bag
- Compost Manure - Soil Mixture, Placed on a bed of Dry Leaves
- Seeds Packet containing Spinach Seeds
- Cloth Bag

How to Plant the Spinach:

1. Identify a suitable location to grow your Spinach. Take care that there is atleast a few hours of good sunlight available in the spot but it does not become very hot. Make sure there is space for excess water to drain.
2. Remove the Grow Bag and the Seeds Packet from the Cloth Bag.
3. Place the Grow Bag already prefilled with Soil & Manure mixture in the identified location,
4. Take the seeds from the Seeds packet and sow them in the soil bed within the Grow Bag. Take care to maintain at least 2 inches spacing between the seeds. Further you can press down the seeds so that they are buried around Half to One inch below the soil surface.
5. Water the Grow bag so that the soil is moist. Water periodically to keep the soil moist.

Caring & Harvesting the Spinach:

- Water regularly and mulch to retain moisture. Mulch is organic matter that can be put on the soil as a cover to retain moisture and also decompose and enrich the soil.
- Your Grow Bag has enough space for 3 Spinach Plants to grow in a healthy fashion.
- When seedlings sprout to about 2 inches, thin them (remove excess plants) so that remaining plants are 3-4 inches apart. You can eat the thinnings (the plants that you remove to give space)
- In case there are any pests you can use an organic combination of “Ginger, Garlic and Green Chilli” Paste diluted in water and spray on the leaves judiciously.
(<https://www.youtube.com/watch?v=ummsnaQOISl>)

Harvesting the Spinach:

- Harvest a few outer leaves from each plant (so that inner leaves can develop) when leaves reach the desired size, or harvest the entire plant, cutting the stem at the base.
- Don't wait too long to harvest or wait for larger leaves. Bitterness will set in quickly after maturity. Be aware of day length and heat: Increasing daylight (about 14 hours or longer) and warmer seasonal temperatures can cause spinach to bolt (develop a large stalk with narrower leaves and buds/flowers/seeds), which makes the leaf taste bitter.
- If spinach starts to bolt, pull the plant and use the leaves. Or try to slow the bolting: Pinch off the flower/seed heads, keep the soil moist, and provide shade.