

# 4 kinds of spinach varieties to grow



**Gardening**  
Carol Savonen  
Guest columnist



Growing true broadleaf spinach is usually easiest in the cooler spring and fall. GETTY IMAGES

**Question:** I love fresh spinach. But I planted it in this spring and it hardly grew. Now it is bolting. What is the problem?

**Answer:** Spinach is sensitive to day length. When the days get longer, it wants to flower. So little growth and long days means the plants will bloom when they are still small.

Growing true broadleaf spinach usually easiest in the cooler spring and fall. Since it is nearing summer solstice, try planting other leafy greens that are more heat tolerant. These are not true spinaches, but can be used as such: New Zealand, amaranth, or orach are all other species of leafy greens that taste a lot like spinach. They thrive in the heat and don't bolt as easily as true broadleaf spinaches. All are tested and sold by local western Oregon seed companies.

**New Zealand "spinach" (Tetragonia expansa)** welcomes long, hot days and will yield well until frost. This warmth-loving leafy green also performs well in containers, growing back after cutting. As the outer large leaves of New Zealand "spinach" may be tough, use only the most tender leaves. Not related to true spinach, it does not bolt or turn bitter in hot weather and is high in vitamin C. Available at Victory Seeds: [https://www.victoryseeds.com/spinach\\_new-zealand.html](https://www.victoryseeds.com/spinach_new-zealand.html)

**Amaranth** - The leaves of this plant can be eaten when they are young. When the plant gets mature, it bears edible, protein rich seeds, good in bread. Adaptive Seeds, a local seed company sells several lovely varieties that are as beautiful as ornaments: <https://www.adaptiveseeds.com/seeds/vegetables/amaranth-vegetables/>

**Orach (Atriplex hortensis)** - This wonderful deep purple mountain spinach is a terrific summer green. It grows to 5 feet tall with thick, slightly wrinkled, large, spade-shaped purple leaves. Contains three times the vitamin C as spinach. An outstanding annual ornamental edible. Available through Terri-

torial Seed: [http://www.territorial-seed.com/product/Double\\_Purple\\_Orach\\_Organic\\_Seed](http://www.territorial-seed.com/product/Double_Purple_Orach_Organic_Seed)

**Traditional**, cool season or broadleaf spinach varieties are best grown when the weather stays below 75 degrees F. I'd plant some true spinach again in the late summer, on the shady side of larger plants, such as tomatoes.

**Other garden tasks for June:**

■ Prune your spring flowering shrubs after blooming including lilacs, forsythia, rhododendrons, and azaleas.

■ Thin your young veggies, then enjoy the thinnings: lettuce, onion, carrots, beet greens, chard.

■ Don't forget to pick strawberries or the birds or disease will get them first.

■ Mulch your flower beds with an inch or two of sawdust, lawn clippings, barkdust, or composted leaves. Mulch helps prevent soil moisture loss and discourages weeds.

■ Take off some of your tree fruits after the natural fruit drop. Apples, pears and peaches bear larger fruits and have more even bearing year to year if some of the fruits are removed from each clus-

ter when small.

■ Keep it growing! Sow more vegetables from seed: lettuce, greens, peas, bush beans, beets, bulb fennel for late summer and early fall harvest. Plant your melons, cucumbers and squash starts by the middle of the month.

*Carol Savonen is a naturalist and writer. She is an associate professor emeritus at OSU and tends a large garden in the Coast Range Hills west of Philomath with her husband and dogs. She can be reached at Carol.Savonen@oregonstate.edu or c/o: EESC, 422 Kerr Admin. Bldg., OSU, Corvallis, OR 97331.*

**IN BRIEF**

**Second marijuana shop open**

A second marijuana dispensary opened in Silverton on June 1, more than two years after the town's first cannabis storefront arrived in 2016. Silver Creek Dispensary is operating in the building most recently occupied by MAPS Credit Union, at 307 E. Main Street. It's between Oak Street Well-

ness and Columbia Bank. Owner Nolan Gillespie, of Silverton, and manager Clayton Gillespie, of Salem, are stepping into the recreational side of marijuana sales after experience selling medical cannabis, they said. Their store features "a wide variety of products for every person," at prices on par with the Salem-area market, Clayton said. Silverton's first dispensary to open after Oregonians voted to legalize rec-

reational marijuana was Lucky Leaf, located nearby at 208 Jersey Street.

**Frank Lloyd Wright birthday open house**

For \$5, fans of Frank Lloyd Wright can tour one of the houses he designed. The Gordon House, located on the lower grounds of the Oregon Garden, is offering discounted tickets good for Saturday, June 9, from 10 a.m. to 5 p.m.

Regularly, tickets are \$20, although they're always discounted to \$5 for Silverton residents and college students. Children are free. To buy tickets, log on to <http://www.thegordonhouse.org/events.html>. On June 9, ticketholders will be added to a master list kept at the door, where they can enter the 1957 home, take self-guided tours and enjoy birthday treats. — Christena Brooks

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