

New Zealand Spinach



Tetragonia tetragonioides

- **Use:** Can be grown as a perennial in warmer climates but is typically grown as an annual. It is not related to true spinach but the leaves taste similar to, and some think better than, spinach. It does not bolt in hot weather nor does it typically turn bitter and it is valued because of its high vitamin C content.
- **Exposure/Soil:** Full to part sun and keep the soil evenly moist. Light shade preferred in warmer month.
- **Growth:** Grows 10-12" tall and plant 12" apart.
- **Hardiness/Harvest Time:** Zone 6-9; 70 days from sowing
- **Foliage:** It's an excellent green and salad vegetable that thrives in the heat and provides a steady supply of succulent leaves and branch tips that can be used as spinach, both in salads and cooked.



Used like spinach in cooking and salads, this frost-tender plant is ready for harvest when spinach is on the wane, and stays productive throughout summer. Also makes an attractive foliage plant for borders and beds.