



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants

Spinach Italian Matador Plant



Category

 Root Vegetable

Family

 Brassicaceae

Common Name

 European Spinach
 Garden Spinach

Vairty of colour



Description

 Italian Matador Spinach is a popular spinach variety known for its large dark green glossy leaves, fast growth, and excellent taste. It is highly nutritious and rich in vitamins, minerals, and antioxidants.



Nook & Nature

By Neha Kunal Deshmukh

Watering

💧 **Water only when the soil is dry.**

- Summer: Once every 7–10 days
- Winter: Once every 15–20 days
- Avoid overwatering

Temperature

🌡️ **Best Temperature**

- 18°C to 28°C

Can Tolerate

- 10°C to 35°C

Protect from frost and freezing temperatures.

Sunlight

☀️ **Loves bright light.**

Ideal Light

- 3-5 hours of morning sunlight
- Bright indirect light indoors

Fertilizer

🌱 **Feed once every month during spring and summer.**

Recommended Fertilizers

- Succulent Fertilizer
- NPK 19:19:19 Liquid Fertilizer

Soil

🌿 **Requires very well-draining succulent soil.**

Simple Soil Mix

- 40% River Sand or Perlite
- 40% Garden Soil
- 20% Cocopeat or Compost

Sowing Information

North India

✅ September – December

Maharashtra & Central India

✅ September – November



Nook & Nature

By Neha Kunal Deshmukh

Humidity

 Prefers low humidity.

Ideal Humidity

• 30%–50%

Reproduction

- 1 Use fresh quality seeds.
- 2 Sow in trays or nursery beds.
- 3 Keep soil moist during germination.
- 4 Transplant healthy seedlings.
- 5 Provide support with stakes or cages.
- 6 Fruits mature in 70–90 days.

Benefits

 Easy to propagate through leaves, offsets, and seeds.

Leaf Propagation

1. Gently remove a healthy leaf.
2. Allow it to dry for 1–2 days.

Difficulty Level: Easy

-  Homes with sunny balconies
-  Outdoor gardens
-  Large decorative pots
-  Succulent collections
-  Commercial landscapes

Nook & Nature

click the button for shopping

 Plot No. 24/2 Balaji Lucky Point, Old Cotton Market Road,
Shree Agro Agencies, Balaji Lucky Point, Amravati, Amravati,
Maharashtra, 444601

 +91 9284008858

 support@nookandnature.in

 www.nookandnature.in

GST NO. 27ENHPD4122G1ZB

