

Tree Spinach seeds

Chenopodium giganteum



Height:	Up to 2 m
Suitable for:	Most soils in a sunny spot. Good at the back of the border.
Summary:	Tree spinach is tall growing and bright green annual herb. As it grows all of the new foliage is vivid pink in colour, making it a really eye catching plant in the border. Whilst it makes a great specimen plant is most usually grown as a salad herb and vegetable.

More information:

Tree spinach is an unfussy plant, whilst it prefers the sun, it will tolerate some shade as well, the leaves just maybe a little less pink! If you are growing it as a full height plant it makes an attractive specimen, make sure it is at the back of the border.

The young plants are great to use in the kitchen. Once the plants are about 20 cm tall then snip away at the magenta tips to provide brightly coloured salad leaves, the bottom few centimetres will quickly regrow. Slightly larger leaves can be picked and treated like spinach – a few minutes steaming and then served with butter.

Once the plant reaches a good height the older leaves become tough and coarse, so for leaves for kitchen use trim the plant often. However the full grown plant is so eye-catching, do leave at least one or two to grow to full height. Once the plant reaches full height and sets seed, trim off the seed heads of at least most of the plants, leaving maybe one to self seed for next year – they are prolific self seeders!

The plant is a relative, as the name suggests, of spinach and quinoa. It contains good amounts of both vitamins and minerals and also oxalic acid, so only use stainless steel cookware. Oxalic acid whilst not harmful can lock up nutrients in food so it is best only to eat tree spinach 2 – 3 times a week.

People with arthritis, rheumatism, gout and kidney stones should be especially cautious as the oxalic acid may aggravate their problems.