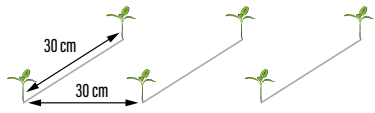


Malabar spinach

(vine spinach / red vine spinach / Ceylon spinach / Indian spinach)

Preferred climactic conditions	
Air temperature	Between 25–35°C
Soil type	Sandy loams, but can adapt to most soil types
Climate conditions	Hot-wet
Sun/shade tolerance	Full sun
Drought tolerance	Low
Flood tolerance	High

Seed sowing and spacing	
Direct seeding	Soak seeds in water for 24 hours. Plant 2–3 seeds per planting hole. Thin to one healthy seedling when plants have 4–5 true leaves.
Seed depth	1 cm
Between-plant spacing: 30 cm	
Row spacing: 30 cm	

Cultivation	
<p>Irrigation needs: Malabar spinach requires a regular supply of moisture since it is a shallow-rooted crop. The first five days of plant growth (germination and seedling emergence) are very moisture dependent as seeds can easily dry out. Malabar spinach requires constant moisture to prevent blossoming, which will turn leaves bitter, therefore water one to two times daily as needed.</p>	
<p>Fertilizer: Start with a well-fertilized bed. If leaves appear yellow, apply half a bottle cap of inorganic nitrogen fertilizer around the base of each plant or use a liquid foliar fertilizer.</p>	
<p>Special cultivation practices: When the seedlings have developed five true leaves, remove the growing tips to facilitate lateral shoot growth. Vines can be trellised if desired to take advantage of vertical garden space and wall surfaces. Malabar spinach cuttings can also be direct planted – trim cutting to about 15 cm and make sure to cut below a node for planting.</p>	

Harvesting	
<p>When to harvest: The young and tender tips and leaves can be first harvested when the plants reach 20–30 cm in height, roughly 30–45 days after planting, and can be continuously harvested every 2–5 days.</p>	
<p>How to harvest: Prune young and tender tips and leaves every 2–5 days.</p>	



Full plant of green Malabar spinach with young shoots, flowers and seed settings



Malabar spinach container garden



Green Malabar spinach young shoot ready to harvest



Young plants ready for transplanting



Flowering Malabar spinach



Young shoot purple Malabar spinach ready to harvest