



**SEED OF THE WEEK:**

## **STRAWBERRY SPINACH**



The strawberry spinach plant grows in the wild across North America.

Strawberry spinach is a hardy annual that will survive light frosts. It is more heat tolerant than real spinach. The leaves are used like spinach, either raw or cooked, the fruit is nothing like strawberries except that they are red. The fruit is juicy and a nice addition to salads.

The plant self seeds and will start growing early in the spring along with other wild spring edibles. The seeds are very tiny; start early indoors if you wish to make sure you know where they are planted, otherwise you can plant them outside, several inches apart in full sun and water regularly.