

# New Zealand Spinach

*Tetragonia tetragonioides* is a member of the Tetragoniaceae (carpetweed) family.

The New Zealand spinach plant reaches a height of 1 to 2 feet and is much branched, spreading 2 to 3 feet across. New Zealand spinach is also known as *yeung poh tsoi* (Cantonese Chinese).

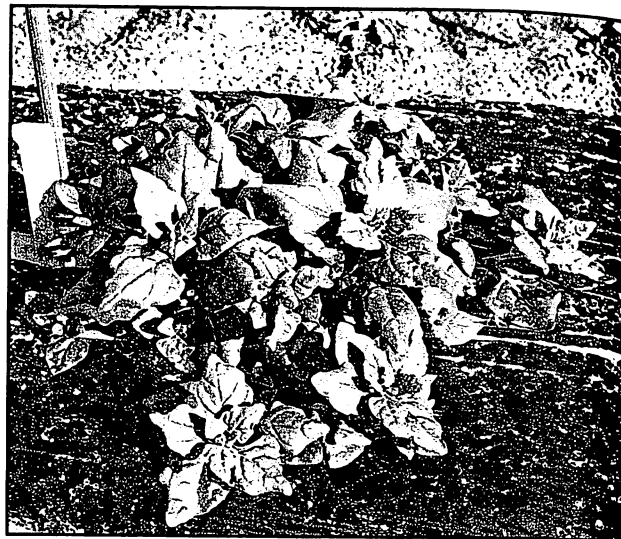
## Market Information

**Use.** New Zealand spinach has a flavor very similar to but milder than that of common spinach. There is not a good market for it.

## Culture

**Climatic requirements.** A heat-resistant, warm weather plant sensitive to frost, New Zealand spinach may find its niche as a summer green that can be grown in hot climates. It will tolerate saline soils.

**Propagation and care.** The large seeds should be soaked for a day before planting. Plants should be spaced 1 to 1½ feet apart in rows 2 to 3 feet apart. When the plant reaches a spread of 1 foot or so, you can use a knife to harvest the 2 or 3 inches of growth at the end of each branch, including tender shoots, tips, and leaves. These are cooked like spinach. New growth will arise along the cut branches, and you can then harvest their ends.



*New Zealand spinach plants reach heights of 1 to 2 feet. (Photo: Hunter Johnson)*

Commercial growers usually cut whole plants above the ground when they are small. New growth from the cut stem base then produces another crop. New Zealand spinach is bothered by few pests.

## Sources

### Seed

W. Atlee Burpee & Co., 300 Park Avenue, Warminster, PA 18974

Le Jardin du Gourmet, P.O. Box 75, St. Johnsbury Center, VT 05863

### More information

Liberty Hyde Bailey Hortorium. 1976. *Hortus third*. Cornell University/Macmillan Publishing Co., New York, NY.

Stephens, James. *Minor vegetables*. 1988. Cooperative Extension Bulletin SP-40, University of Florida, Gainesville, FL.

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