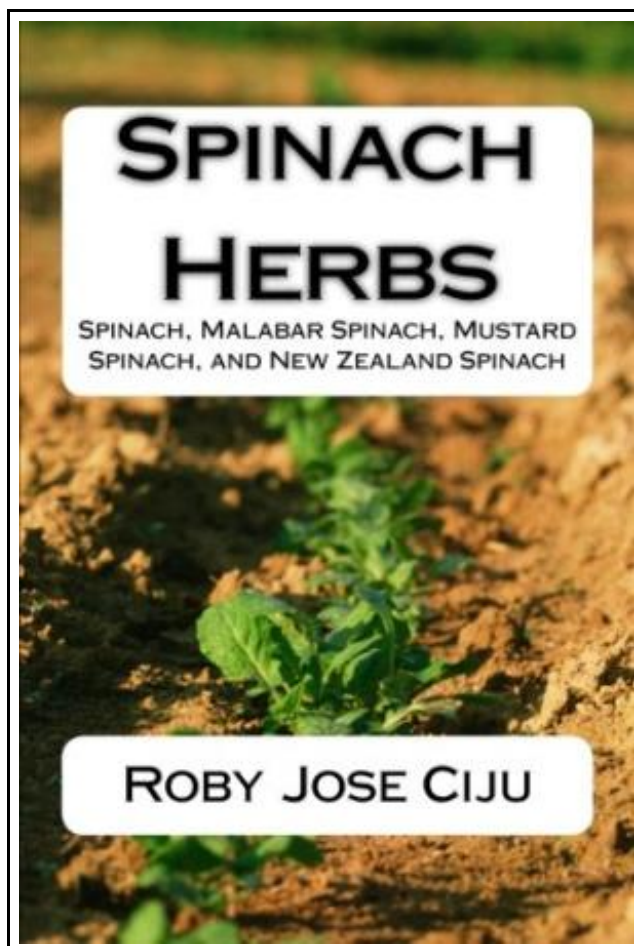


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This booklet about spinach herbs deals with mainly four types of edible herbaceous plants, these are Spinach (*Spinacia oleracea*), Malabar Spinach (*Basella* spp.), New Zealand Spinach (*Tetragonia tetragonioides*) and Mustard Spinach(*Brassica rapa perviridis*). All these herbs are known as one or the other type of spinach. However, true spinach is Spinach (*Spinacia oleracea*). It is also known as English Spinach . Other spinach herbs are similar to true spinach in growth habit and edible properties and hence known as different spinach herbs. All spinach herbs are easy to grow plants and suitable for growing both in open fields and in containers. They are propagated by seeds or stem cuttings. All these herbs are by nature short-lived, herbaceous perennial plants but grown as annuals for vegetable purposes. Food value and nutritive value of spinach herbs are very high. There are very few vegetable greens which equal the nutritive value of spinach herbs. Spinach herbs are highly nutritious salad greens and cooked as delicious, nutritious leafy vegetables.



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