

Quick Reference TableSpinach

Variety	Maturity*	Plant height* (cm)	Leaf surface	Leaf colour	Stem type	Yield potential	Disease reaction# Pfs		Comments
							HR	民	
Riverside	25 - 30 days	10 - 15	Smooth	Dark green	Thin, upright	Good	1-11, 15-16	12,14	Thick, dark green leaves mostly for winter, medium maturity
Seaside	25 - 30 days	10 - 15	Smooth	Dark green	Thin, upright	Good	1-11, 15-16	12,14	Thick, dark green leaves, fast-maturing
Helios	25 - 30 days	10 - 15	Smooth	Dark green	Thin, upright	Very good	1-9, 11, 13, 15-16	12,14	Dark green baby leaves, leaves are thick giving the leaves a good weight for high yields

^{*} Characteristics given are affected by production methods such as soil type, nutrition, planting population, planting date and climatic conditions. Please read disclaimer.

Disease reaction key:

IR: Intermediate resistance HR: High resistance

Abbreviation	Common disease name	Causal pathogen name
Pfs	Downy mildew	Peronospora farinosa f. sp. spinaciae

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Resistance: is the ability of a plant variety to restrict the growth and development of a specified pest or pathogen and/or the damage they cause when compared to susceptible plant varieties under similar environmental conditions and pest or pathogen pressure. Resistant varieties may exhibit some disease symptoms or damage under heavy pest or pathogen pressure (HR = High resistance).

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^{*} Experimental: This variety does not appear on the current South African Variety list, but has been submitted for registration.