



RECOMMENDED SAMPLING INTERVALS

1ST TRUE LEAVES

3RD TRUE LEAVES

FIRST HARVEST

FULL HARVEST

Spinach Leaf Sampling Instructions

1. Collect NEW leaves and OLD leaves SEPARATELY in individually labeled bags:
 - New = newest recently mature growth from the top of the plant
 - Old = oldest still-viable growth from the bottom of the plant
2. Collect a representative field sample, including one new leaf and one old leaf, from 15-20 plants of the same cultivar and growing conditions. Each sample (new and old) should fill a **1 qt** plastic bag.
3. Remove petioles and all other non-leaf plant material from sample leaves.
4. Complete a Leaf [Sampling Label](#) (linked) with your contact info, crop, cultivar, field/block info, new/old leaf, and desired agronomy services. Affix labels to the outside of each sealed plastic sample bag. **(Do not use paper bags or include paper in bags)**
5. **Keep samples viable** by minimizing shipping time and using cold packs and/or insulated packaging when shipping leaves in warm conditions. Wrap frozen cold packs in paper to insulate them from direct contact with samples.
6. Mail samples to the address on the back of your sampling label.
7. You will receive a bill after we process the sample. Pre-purchase samples at [Regen Aquaculture](#) or contact us for a quote at sales@regenaquaculture.com.

DO NOT SEND ANY INTERNATIONAL LEAF, SOIL, OR WATER SAMPLES WITHOUT PRIOR WRITTEN APPROVAL FROM Regen Aquaculture

TIPS FOR BEST RESULTS:

- **Request Regen Aquaculture** for nutrient target range and detailed recommendations.
 - **Include notes** about growth stage, health, pests/disease, and other points to help us serve you.
 - **Be proactive** by conducting 5-7 plant sap analyses throughout the growing process (recommended sampling intervals are listed in the table above).
 - **Solve stress, pests, or toxicities** by testing and treating weekly until optimal health is achieved.
 - **Collect leaves at a consistent time** of day, preferably before 10 a.m., to ensure minimal transpiration - about two hours after sunrise is optimal. For indoors, sample within one hour of the light cycle start.
 - **Ensure leaves are clean of dew, dirt, and fertilizers** - wash with clean, cold, non-chlorinated water if needed.
 - **Ensure leaves are surface-dry** (not dried out) before bagging - use a paper towel or air-dry if needed.
- *Please do NOT leave paper towels (or anything that will dry out leaves) in bags with samples.