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<https://pixabay.com/en/spinach-plant-nutrition-eat-frisch-2216967/>

### Did You Know?

There are three basic types of spinach: Flat or smooth leaf, Savoy, and Semi-Savoy. Most spinach is grown in Texas and California. It is believed that spinach is from Persian origin and made its way to Europe in the 15th century. Spinach became more commonly eaten in the United States in the 19th century.

**Question: Spinach is what plant part?**

**Answer: Leaf**

Source: <http://lanaster.unl.edu/nep/FruitVeg16.pdf>



<https://pixabay.com/en/green-smoothie-drink-healthy-fruit-681143/>



<https://pixabay.com/en/food-spinach-artichoke-1179397/>

### Ways To Enjoy Spinach

- ◆ Add it to soups
- ◆ Serve raw in salads or on sandwiches
  - ◆ Add to lasagnas
- ◆ Steamed, boiled, sautéed, or stir-fried
- ◆ Add to vegetable dishes

Source: <http://lanaster.unl.edu/nep/FruitVeg16.pdf>



<https://pixabay.com/en/salad-healthy-food-wooden-bowl-791643/>

### Selecting & Storing

#### Look for:

- ◆ Crisp, whole, deeply colored greens

#### Avoid:

- ◆ Wilted or discolored leaves

#### Storage:

- ◆ Rinse with water, lay out on paper towels and roll up, secure with rubber band.
- ◆ Store in the vegetable crisper drawer in the refrigerator, wash before serving, and spinach will keep for 3 to 4 days
- ◆ Frozen spinach retains more nutrients due to flash freezing

Source: <http://eatfresh.org/discover-foods/leafy-greens>



Source: <https://pixabay.com/en/grocery-stores-vegetables-greens-214293/>

### Nutritional Benefits

- ◆ Low in Calories, Cholesterol, and Fat
- ◆ Good source of Folate and Vitamin C
- ◆ Excellent source of Vitamin A and Vitamin K

\* Amount based on 1 cup raw

Source: <https://ndb.nal.usda.gov/ndb/foods/show/3167?fgcd=&manu=&ifacet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=raw+spinach&ds=&qt=&qpn=&qn=&q=&ing=>



<https://pixabay.com/en/vegetables-spinach-green-delicious-1125420/>