

Spinach



Nutrients

**Which nutrients does it provide?
What is the nutrition?**

Vitamin A - Promotes good eye health, vision, growth, development, and immune function

Vitamin C - Strengthens immune system and promotes skin health, iron absorption, and wound healing

Vitamin K1 - Supports blood clotting and promotes bone health

Folic Acid - Important for cell and tissue development

Iron - Essential nutrient for red blood cells that produces hemoglobin and brings oxygen to the body's tissues

Calcium - Promotes bone health, healthy development of the immune system, heart and muscles

When is it at its peak nutritional content?

Raw - as it's cooked it loses some of its water-soluble vitamins

How It's Served

Texture - Slight crispness, Tender

Flavor profile - Mild, Earthy, Slightly sweet

Common Uses:

- Can be served fresh, cooked or canned.
- 1-pound fresh spinach = 1 cup cooked
- Use fresh spinach in salads, sandwiches, or wraps.
- Add fresh or frozen spinach to soups, pasta, dips, and smoothies. Steam or sauté spinach as a quick side dish.
- Recommended serving size is 1 cup of raw spinach or ½ cup cooked

Where it Grows

How does it appear in nature?

Grows in a cluster of leaves on the ground

When is it in season?

Available year round, but peak season is in the winter
May-June & September-November

Health Benefits

- Spinach is a good source of plant-based protein
- May help prevent cancer
- May reduce blood pressure
- Hydration - 91% water
- Fiber - Aids digestion, helps prevent spikes in blood sugar, can help protect against the development of certain cancers

FUN FACTS:

- March 26th is National Spinach Day
- California is the top producer of spinach in the U.S.
- Spinach's scientific name is *Spinacia oleracea*