

SPINACH



- ◆ Spinach belongs to the goosefoot family along with beets and Swiss chard.
- ◆ Fresh spinach is available year-round. California and Texas produce the most spinach in the United States. Spinach likes to grow best during the cool winter months.
- ◆ This super food is rich in vitamins A, B2, B6, C, E, and K, magnesium, folate, iron, calcium, potassium, protein, phosphorus, copper, selenium, niacin, and zinc. Spinach also acts as antioxidants.
- ◆ Spinach is best eaten fresh.
- ◆ Spinach was cultivated over 2000 years ago in Iran. The Arabs named it “the prince of vegetables.”
- ◆ Medieval artists extracted green pigment from Spinach to use as an ink or paint.

