



Kitchen Tips for Spinach

MO Grown Produce

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| In Season in Missouri: | March - June AND September - November |
| Quality: | Look for spinach without damage from insects and other environmental sources. It should be fresh, tender and dark green in color. Reject bunches that are yellowed or wilted. |
| Storage: | Refrigerate in air tight container up to 5 days. |
| Food Safety: | Spinach should be washed well to remove any sand or dirt, however, pre-washed packaged spinach should NOT be washed again. |
| Yield: | For 50, ¼ cup servings of cooked spinach, purchase 6.5 pounds of ready to use fresh spinach leaves. |
| Preparation Tips: | Baby spinach stems are tender and do not have to be removed. Spinach cooks very quickly and shrinks as the moisture cooks out of the leaves. |
| Kid-Friendly Serving Ideas: | <ul style="list-style-type: none"> • Use raw baby spinach in place of lettuce in wraps and sandwiches. • Mix spinach into a tossed salad with lettuce and strawberries. • Add a few baby spinach leaves to a fruit smoothie for a fun green color. • Add spinach to scrambled eggs. |
| Nutrition: | Spinach is a dark green vegetable. It is high in vitamin A, vitamin K and is a good source of vitamin C and folate. And for all that goodness, it's very low in calories—one cup of raw spinach only has about 6 calories! |

Fun Fact # 1:

The popularity of spinach began in the early 1800's in the United States. Consumption surged after the cartoon "Popeye the Sailor Man" was developed in the 1920's.

Fun Fact #2:

Spinach likes to grow in cool weather and only takes about 4-6 weeks from seed to harvest, so it is a good crop for school and childcare gardens.

