



Harvest of the Month

Spinach

Nutrition Information

- Spinach is an excellent source of vitamin A and K.
- A good source of folate and vitamin C.
- A half of a cup of cooked Spinach offers an excellent source of vitamin A, vitamin K and folate. A good source of vitamin C, calcium, potassium, vitamin B6 and iron.

Selection and Storage

- Choose dark leaves avoid leaves with yellow or wilting.
- Store in a plastic bag for up to a week.
- Do not wash until you are ready to use.
- Spinach can be frozen to prolong its use for up to one year after briefly blanching.

Fun Facts

- Spinach originated from Persia.
- The name spinach came from the Persian word "ispanai" which means "green hand" which later became "spanachia" in Latin.
- There are 3 kinds of spinach varieties Savoy, Flat/Smoothed Leaf, and Semi-Savoy.
- Savoy has crinkly and curly leaves. Flat/Smoothed leaf has smooth leaves. Semi-Savoy is a hybrid of flat and savoy.
- Popeye the Sailor man made Spinach popular in the 1930's.
- National Spinach Day is March 26.
- Available fresh April through December.



Recipes

- [Quiche Florentine - National CACFP Sponsors Association](#)
- [Chicken Flatbread Pizza USDA Recipe– Child Nutrition Recipe Box](#)
- [Crunchy Hawaiian Chicken Wrap USDA Recipe– Child Nutrition Recipe Box](#)
- [Quick Quesadilla USDA Recipe– Child Nutrition Recipe Box](#)
- [Spinach Egg Bake USDA Recipe – Child Nutrition Recipe Box](#)
- [Spinach Salad with Raspberry Vinaigrette Dressing USDA Recipe– Child Nutrition Recipe Box](#)



Educational Resources

- [WSU Fresh from the Farm Spinach Greens Brochure \(Spanish\)](#)
- [Grow It, Try It, Like It: Spinach Lane, USDA Team Nutrition](#)
- [Montana Harvest of the Month - Leafy Greens](#)
- [WSDA Washington Harvest Salad Green Poster](#)
- [Southern Nevada Health District Spinach Worksheets \(Page 5\)](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Spinach that include: [Spinach Basics Information Sheet \(Spanish\)](#), [Spinach Coloring Sheet \(Spanish\)](#) and [Garden activity \(Spanish\)](#).
- [Kids Gardening Lessons](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).