Spinach

A leafy vegetable

What nutrients are found here?

Beta-Carotene, Vitamins C, K, Folate, & Manganese
(The antioxidant beta-carotene converts to vitamin A)

What do those nutrients do in my body?

- Support blood cell formation, growth, flow, & clotting.
- Support immune and eye health.
- Antioxidants help protect our cells from damage.

How/Where can I grow my own spinach?

- In the ground, in a raised bed, or in a large tub.
- Spinach thrives in cooler weather, using the sun & shade.
- Spinach can be grown in the spring and fall.

How should I store freshly picked spinach?

- Wash & dry the spinach.
- Place a damp towel around the spinach & store in a sealed container in the fridge.

How can I eat spinach?

- Any way you want!
- Mix in salads & smoothies
- Use as a pizza topping
- Steam or saute

