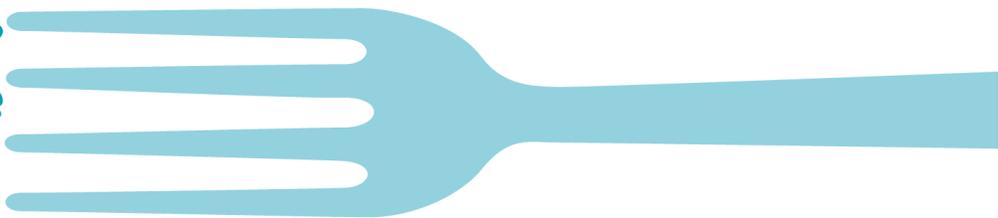


Harvest of the Month



May



Spinach



Pick:

- Choose spinach with crisp green leaves.
- Avoid spinach with limp, moldy or spotted leaves.

Store:

- Store spinach in a plastic bag or original container in the refrigerator and use within four days.

Prepare:

- Bunches of spinach can be very gritty and must be thoroughly rinsed.
- Spinach can be used raw in salads, steamed, blanched, sautéed or microwaved.

Nutrition Info

One cup of raw spinach has 7 calories and provides vitamins A & C, fiber, iron, folate and magnesium.

Fun Facts

Spinach was the first frozen vegetable to be sold in commercial stores!

Spinach was the favorite vegetable of Catherine de Medici of Florence.

When she left her home in Italy to marry the king of France, she brought along her own cooks who could prepare spinach just as she liked!

When Popeye made his debut in 1929, spinach became the third most popular children's food after turkey and ice cream.

Uses

Add chopped spinach, kale or other greens to your next soup or stew.

Baby spinach is best for salads. Toss with Bleu cheese, walnuts, red onions and a vinaigrette dressing for a quick salad.

Add spinach to pasta dishes or pizza.

Spinach is a great addition to omelets and scrambled eggs.

Family Friendly Activities

Try growing your own spinach! Spring is a great time of year to grow this cool weather crop.

Did you know that your plate should be filled with fruits and vegetables of all different colors of the rainbow? Name all the different colors of the rainbow and pick 2 fruits and 2 vegetables to go with each color.

Nutrition Facts

Serving Size 1 1/2 cups (369g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 3g

Vitamin A 30% • Vitamin C 25%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Green Monster Smoothie

Serves 2

Ingredients:

- 2 ripe bananas, sliced and frozen
- 2 cups unsweetened vanilla almond milk
- 2 cups fresh spinach
- 2-4 ice cubes
- 1 Tbsp. ground flax seed (optional)
- 1 cup frozen berries OR 1 Tbsp. peanut butter (optional)

Directions:

Place milk and peanut butter (optional) in blender. Add spinach and top with bananas and berries (optional). Blend until smooth. Add ice and blend to reach desired consistency. Serve immediately.

**For more information on Farm2School & Foot Steps to Health visit:
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)**

Color
Spinach!

