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.

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 use raw in salads, steamed, blanched, sautéed or microwaved.
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.

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