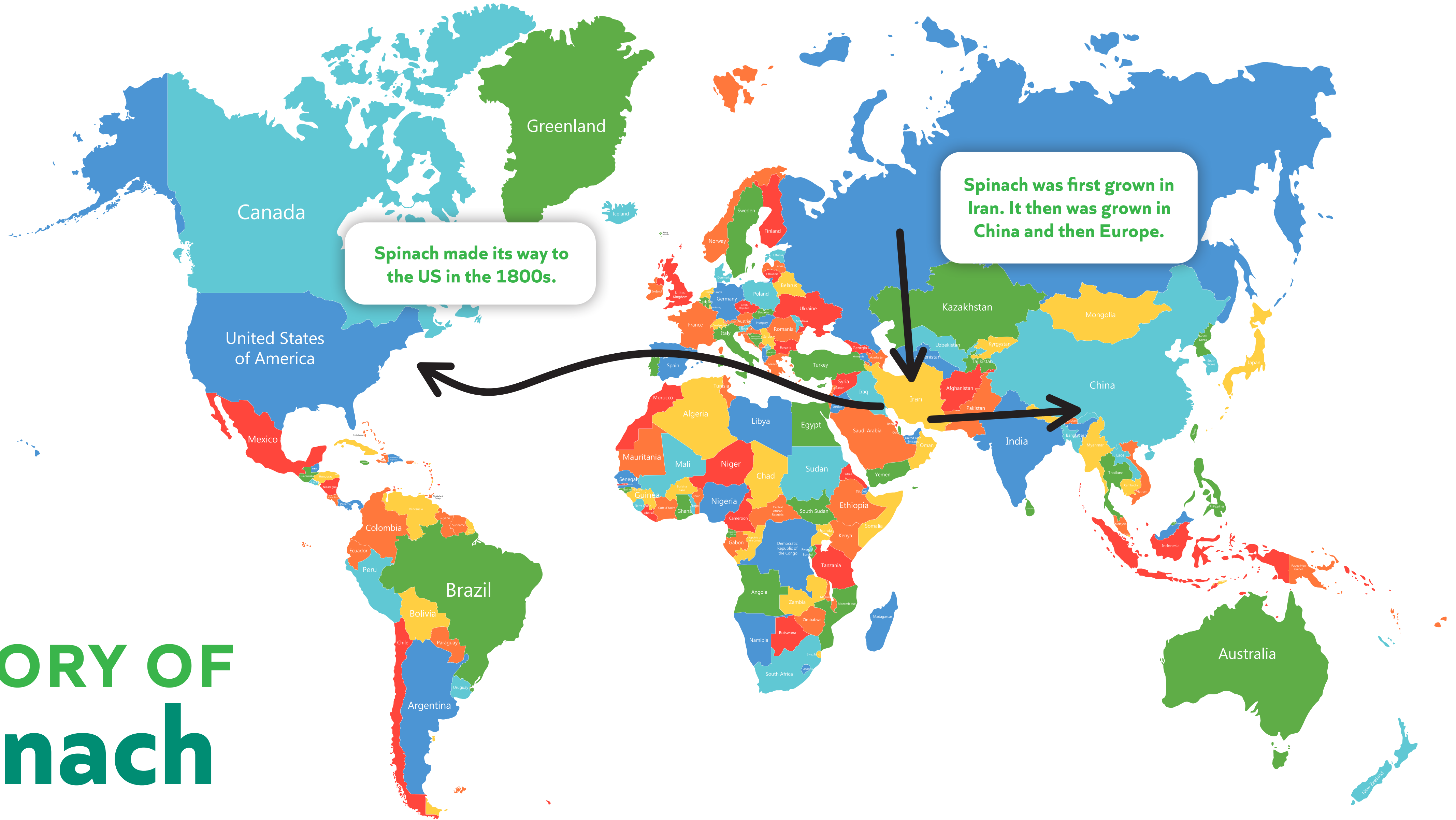


HARVEST OF THE MONTH:

Spinach



HISTORY OF Spinach

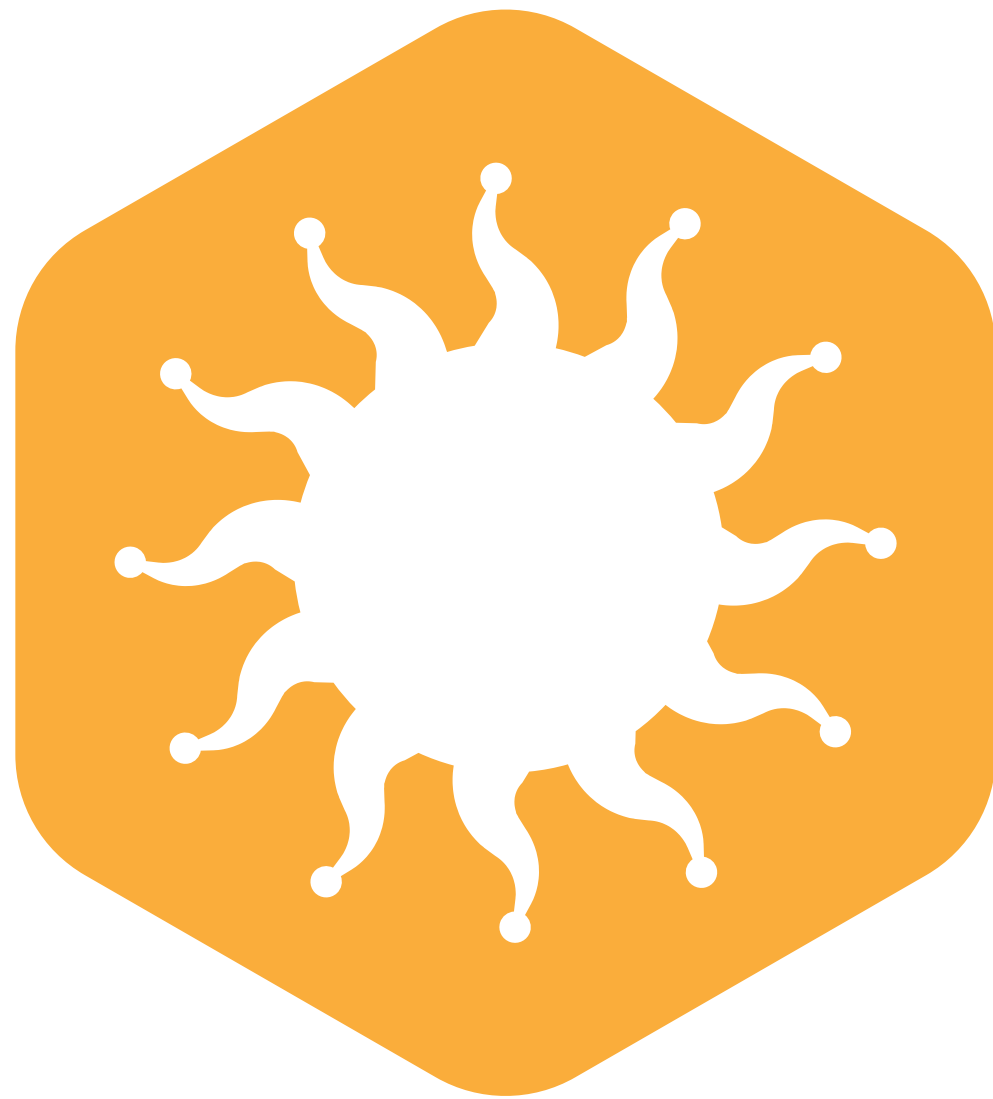




Spinach grows best in sandy soils in cool weather. We eat the leaves of the spinach plant.

HOW DO SPINACH GROW?

WHAT SEASON DO WE PICK SPINACH?



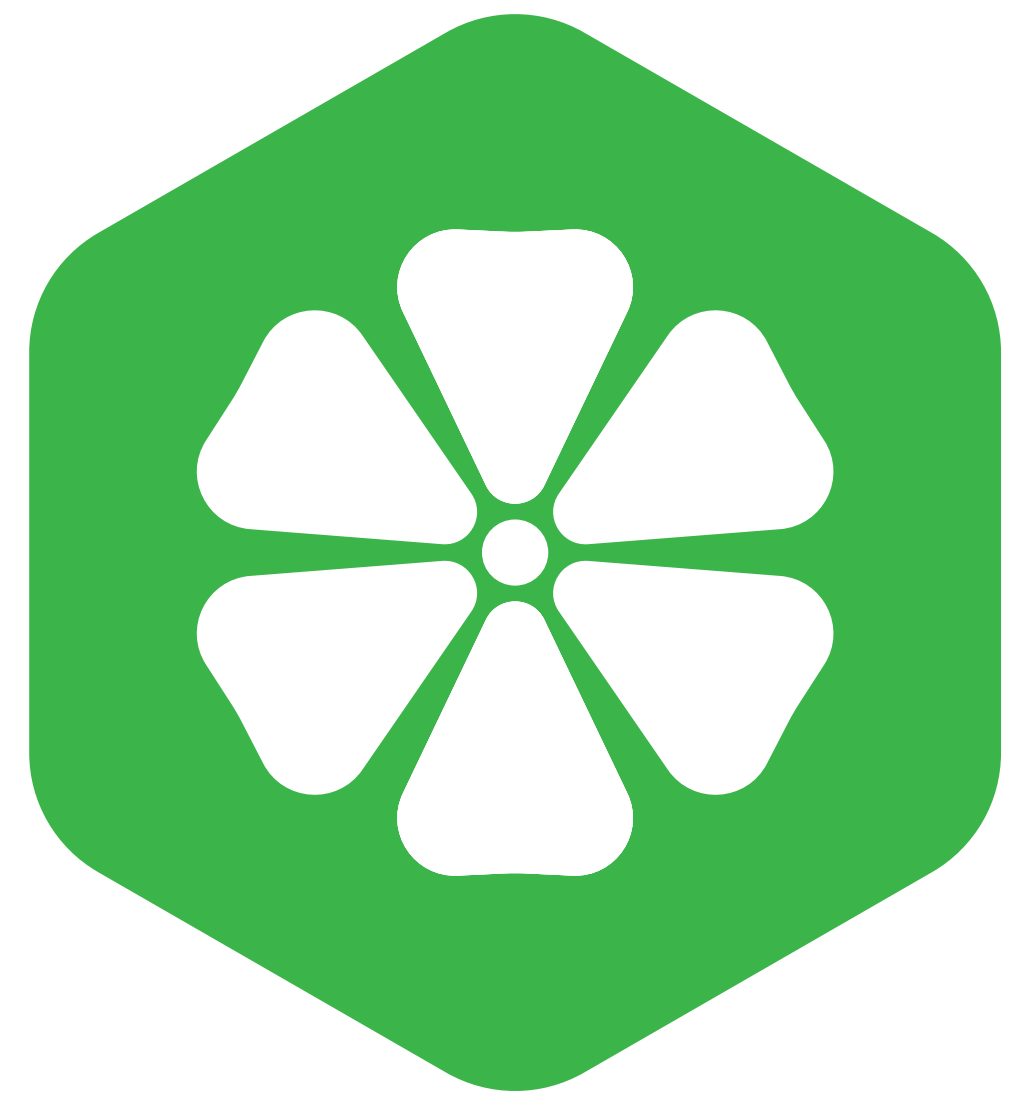
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT SPINACH?

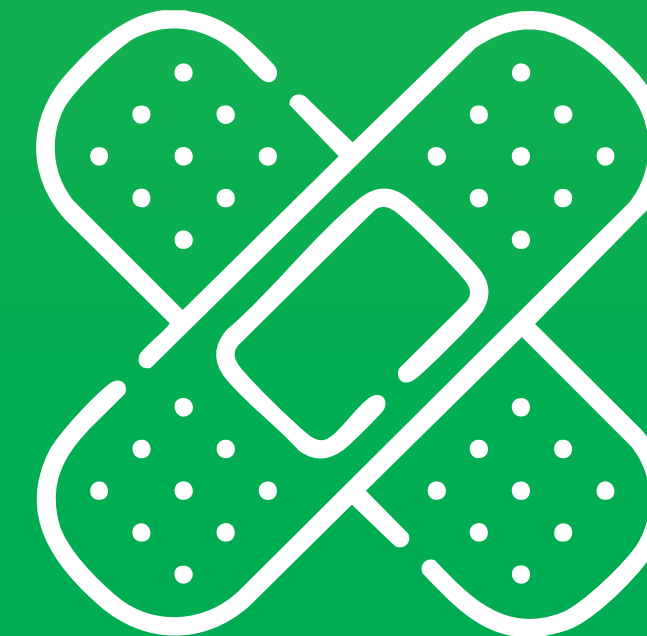
Healthy immune system
(prevents colds)



Healthy eyes



Contains vitamin
K – heals cuts



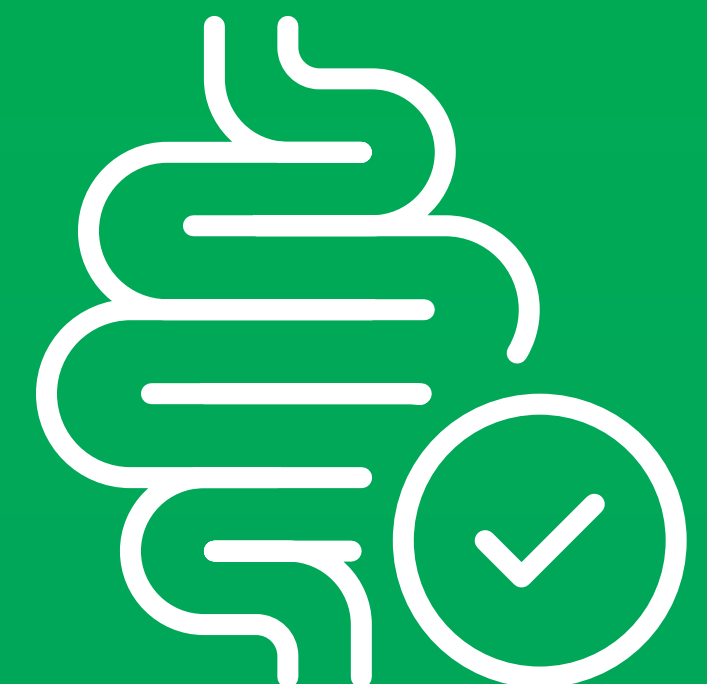
Healthy muscles



Strong bones



Healthy digestion,
cleans out your system



HOW DO YOU PICK GOOD SPINACH?

- Spinach should be tender and bright green in color.
- The leaves should be sturdy (not wilted).
- Try eating you spinach fresh, because cooking it reduces the amount of nutrition you get.

FUN FACT: During the 1920s and 1930s when Popeye was a cartoon, he ate spinach everyday on the show, children's three favorite foods were turkey, ice cream and spinach.





LET'S TRY SOME **Spinach!**

