

Today the Fresh Fruit and Vegetable program presents to you.....

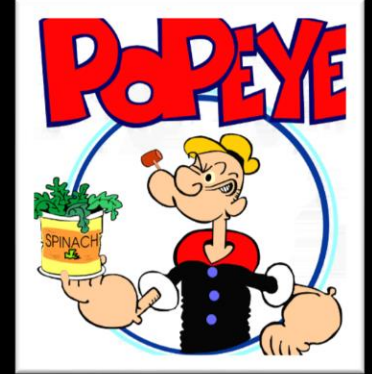
# Spinach



## Did You Know ?

### Description/Taste

- Spinach is a leafy green producing succulent, dark green, spoon-shaped leaves.
- Depending upon variety and maturity, Spinach can be sweet, earthy, nutty and even tangy.



### Geography/History

- Spinach is a native to Persia, and today it is still found growing wild in modern day Iran.
- Trade routes are most likely to thank for its European introduction, when the Sicilians imported Spinach sometime during the ninth century.
- It later spread to Spain and England and was known by many aliases such as spinech, spinage, spinnedge, or even spynoches.
- Spinach thrives in cool temperatures and sandy soil with conservative watering.

### NUTRITION:

An excellent source of antioxidants, Spinach has four times the beta carotene of broccoli. Its high lutein content helps to lower cholesterol and aid in eye health. Spinach also contains carbohydrates, protein, fiber, vitamin A, vitamin C, calcium, iron and folic acid. For best nutritional value, eat raw or slightly cooked.