SPINACH TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on spinach. Here is some information on spinach.

What Is Spinach?
Spinach is a leafy green vegetable that grows in the ground. It is packed with nutrients that help keep our bodies strong and healthy! **Read trivia for the week.**

How Does Spinach Grow?
Spinach plants have an odd growth habit and will produce small yellow-green flowers on spikes in hot weather before going to seed. Spinach is fast-growing and can be ready to harvest in as little as one month after it's planted as seed. It grows best when planted in the spring or fall. **Read trivia for the week.**

Fun Spinach Facts
Eating spinach can make your muscles strong. Even the famous cartoon character Popeye eats spinach for extra strength! Spinach grows best in cool weather and can be found in many gardens around the world. Spinach leaves are dark green because they are full of chlorophyll, which helps plants make their own food. Spinach is a native plant of Persia, modern-day Iran. It was introduced to China in the 7th century and was most probably brought to Europe in about the 12th century and to the United States in 1806.
Read trivia for the week.

Health Benefits of Spinach.
Spinach contains Iron, Calcium and Fiber. Try it cooked with olive oil and some garlic for a tasty side dish.
Read trivia for the week.

Spinach in South Dakota
To successfully grow spinach in South Dakota, plant it during the cool weather of spring or fall, ensuring fertile, well-drained soil, and providing adequate moisture and sunlight.
Read trivia for the week.

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate
- the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month
- Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with
- the facts for the week and have students share the answer with you throughout the week. At the
- end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

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