ALL ABOUT 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!

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.

HEALTH BENEFITS OF SPINACH

Spinach contains Iron, Calcium and Fiber.



Nutrition Facts	
Portion Size	**30 g**
Amount Per Portion	
Calories	**6.9**
	% Daily Value *
Total Fat 0.1g	0 %
Sodium 24mg	1 %
Total Carbohydrate 1.1g	0 %
Dietary Fiber 0.7g	2 %
Sugar 0.1g	
Protein 0.9g	2 %
Vitamin D 0mcg	0 %
Calcium 30mg	2 %
Iron 0.8mg	4 %
Potassium 167mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

tasty





delicious!



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.

TRY THIS!

- Put raw spinach leaves in your salad for more flavor.
- Search the internet for a breakfast containing spinach.
- Try it cooked with olive oil and some garlic for a tasty side dish.

FUN 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.
- You can eat spinach raw in a salad or cooked in soups, pasta, or even smoothies!
- 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.





Q. Why are spinach leaves never lonely?
A. They always come in bunches.

Farm to School
SOUTH DAKOTA