

Hey kids, become a **FOOD EXPLORER** and check out this **Month's Discovery...**

Spinach







Did you know...?

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- Spinach is grown as a leafy plant. Spinach is available starting in May in Massachusetts.
- Spinach was the first frozen vegetable to be sold for commerical use.
- When Popeye (the historical cartoon figure) made his debut in 1929, spinach became the third most popular children's food after turkey and ice cream.
- The word spinach is derived from the Persian word, "green hand."

DELICIOUS AND NUTRITIOUS

One cup of raw spinach is about two cupped handfuls. When it is cooked, this makes

about ¹/₄ cup of cooked spinach. (Spinach shrinks a lot when it's cooked!) Spinach is an excellent source of vitamin K and vitamin A.

A SUPER SNACK IDEA

- Use fresh spinach on sandwiches instead of lettuce.
- Blend spinach with berries, bananas, and yogurt for a fruit and veggie smoothie.

SPINACH HUMOR

What's a dancer's favorite kind of vegetable? Spin-ach! ۲



Nutrition Education Program

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

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This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights. 5/15