



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

Spinach



Did you know...?

- 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 commercial 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 ¼ 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!