

HARVEST OF THE MONTH

SPINACH

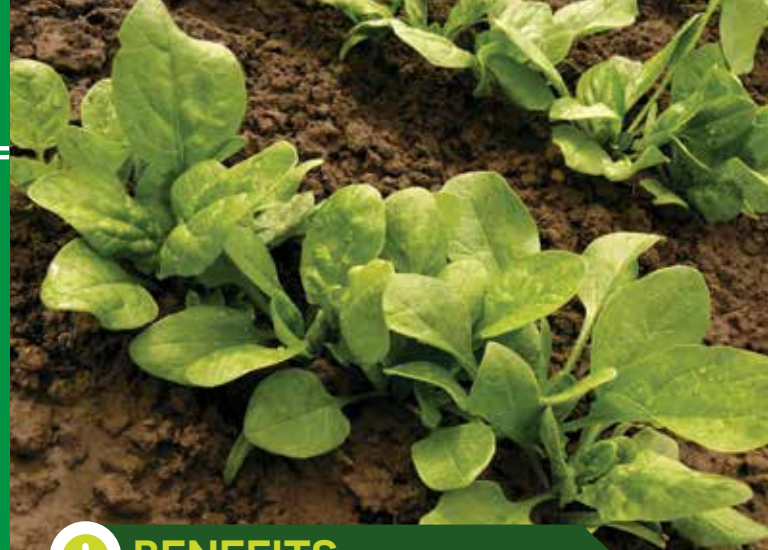
DECEMBER

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green.



STORAGE

- Store immediately in the coldest part of the refrigerator.
- Fresh spinach should be stored loosely packed in a sealed plastic bag in the refrigerator crisper, where it will keep for about 4 days.
- Cooked spinach does not store too well, certainly no longer than one day in the refrigerator.



BENEFITS

Spinach is a very good source of vitamin K, vitamin A (in the form of carotenoids), manganese, folate, vitamin B6, vitamin E and vitamin C. It's also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium and iron.

Talking to Students about Vitamin B6

Vitamin B6 supports normal nervous system function and brain development.



SELECTION

- Spinach leaves should be a vibrant, deep green.
- Spinach that has yellowed or grown wilted or slimy should never be eaten.
- Do not wash spinach before storing in the refrigerator — because it will rot very quickly!
- Instead, wrap bundles of leaves in a paper towel, and then place in a tight plastic bag.



PREPARATION

- Spinach stems are fibrous, stringy and difficult to eat, especially after cooking. Remove the stems before washing.
- Rinse each leaf of spinach, lift into a colander and let drain. Repeat until all dirt is removed.



TASTING TIP

Continue offering a variety of new foods for children to try.



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TEXAS DEPARTMENT OF AGRICULTURE
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