



Hey kids, become a **FOOD EXPLORER** and check this out!

Spinach



Did you know...?

- Spinach is a leafy green plant and is available in Massachusetts starting in May.
- Spinach was the first vegetable to be frozen and sold for commercial use.
- When Popeye (the historic 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 for "green hand."

DELICIOUS AND NUTRITIOUS

One cup of raw spinach equals about two cupped handfuls. When cooked, this yields 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.

SUPER SNACK IDEAS

- 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!