

Spinach

Spinach should have fresh, green leaves that are not limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside. Wash under clean, running water.

Spinach is a vegetable which grows as plant leaves.

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century. Spinach was not commonly eaten in the United States until the early 19th century.

Most spinach is grown in Texas and California. Fresh spinach is available year round.

VARIETIES

There are three basic types of spinach:

- Flat or smooth leaf – has unwrinkled, spade-shaped leaves (usually used for canned and frozen spinach or in other processed foods)
- Savoy – has crinkly, dark green curly leaves (usually sold fresh)
- Semi-Savoy – has slightly curly leaves (usually sold fresh)



NUTRITION FACTS

- Fat free
- Cholesterol free
- Low sodium
- High in potassium
- High in vitamin C
- * Good source of vitamin A
- Good source of iron, fiber and vegetable protein

USES

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, lasagna or other vegetable dishes.

Many spinach are grown in Nebraska.



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