

Harvest of the Month:

Spinach



Nutrition Facts:

- Spinach is high in vitamin A, vitamin C, and vitamin K.
- Vitamin A keeps eyes healthy.
- Vitamin C helps with immune function.
- Vitamin K helps with blood clotting and helps keep bones healthy.

Fun Snack Ideas

How to Eat Spinach:

1. Fresh spinach salad:
Add strawberries, almonds, and grilled chicken with a vinegar based salad dressing
2. Enjoy sauteed with olive oil, garlic, and a dash of salt and pepper for a nutrient rich side dish.
3. Power up a mixed berry smoothie: Add 1 cup of fresh spinach for more vitamins and fiber with no change in taste!

Pick the Yummiest

Things to Look For:

- Look for dark green color and crisp texture.
- If packaged, check "best before" date.
- Avoid yellow, brown, or wilted leaves.
- Avoid containers with excess moisture.

Best Time to Eat:

October - May

Recipe: Spinach and Avocado Green Smoothie

Makes 1 serving

Ingredients

- ½ small avocado
- 1 ½ cups fresh spinach
- 1 cup frozen pineapple chunks
- 1 cup frozen peach slices
- 1 cup unsweetened non-dairy milk (or milk beverage of choice)
- ½ cup 100% orange juice

Directions

1. Blend all ingredients in a blender until smooth and creamy
2. Blend in ice, if desired for an extra chill.



Recipe sourced from <https://fruitsandveggies.org/recipes/avocado-green-smoothie/>

Activity: Veggie ABC Coloring

S IS FOR SPINACH



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.

