



# Spinach

## What am I?

Spinach is a leafy green vegetable typically added to salads and sandwiches. It can also be incorporated into omelets, soups, and smoothies. Spinach has a mild, refreshing taste.

## How do I grow?

- Spinach grows best in places with hot summers and cold winters.
- In Wisconsin, it is best to plant spinach in the spring. It can be harvested 6-7 weeks after the seeds have been planted.



## Nutrition Facts

Spinach is full of vitamins A, C, B6, E, K, and folate. It is also a great source of magnesium, potassium, iron, and calcium. Try eating food high in vitamin C, like oranges, with spinach to better absorb these important nutrients.

## Fun Facts

- We are unable to easily absorb the iron and calcium in spinach because of another compound in spinach called oxalic acid
- Spinach was advertised in the 1920s Popeye the Sailor cartoon. Popeye's catchphrase was "I'm strong to the finish, 'cause I eat me spinach"

