SPINACH



Spinach is a vegetable which grows as plant leaves. We eat the leaves of the spinach plant and it is commonly served either raw or cooked. 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.

There are three basic types of spinach:

- Flat or smooth leaf has unwrinkled, spade shaped leaves. It is commonly used for canned and frozen spinach or in other processed foods.
- Savoy has crinkly, dark green curly leaves. This type is usually sold fresh.
 - Semi-Savoy has slightly curly leaves. This type has a similar texture to the savoy but is easier to clean. The semi-savoy is usually sold fresh too.

Most spinach is grown in Texas and California and it is available all year round. Spinach is high in potassium and vitamin C and is a good source of vitamin A, iron, and folate.

Do you remember which cartoon character used spinach to make him stronger? Here is a hint, he was a sailor.