

Vegetable of the Week - Spinach



When is spinach in season?

September through October

How do I buy fresh spinach?

Fresh, tender leaves that are bright green in color. Stalks should be fresh, crisp and snap if bent. Avoid yellowed bruised or broken leaves. Stay away from slimy or moldy leaves.

How do I store spinach?

Best when eaten fresh. Can be stored up to 2 weeks in the refrigerator. Wash leaves and store in the humid vegetable bin of the refrigerator.

How do I prepare spinach?

Cut off the roots of the leaves. Wash leaves in cold water and drain. You can leave the leaves whole or tear into bite size pieces for a salad. If cooking, boil in a small amount of water for about 3-7 minutes. Steam or microwave for 5-7 minutes. Microwaving or steaming preserves nutrient value.

1 pound raw = 1 1/2 to 2 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





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STEPS TO A HEALTHIER YOU

Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Strawberry and Spinach Salad



- 1/2 pound loose fresh spinach
- 1/2 pint fresh strawberries, halved
- 1 tablespoon silvered almonds, toasted
- Poppy Seed Dressing

Remove stems from spinach; wash leaves thoroughly, and pat dry. Tear into bite-size pieces. Combine spinach, strawberries, and almonds in a large bowl; cover and chill. Just before serving, pour Poppy Seed Dressing over salad; toss gently. Can substitute frozen whole unsweetened strawberries. Yield: 2 Servings

Source: www.theromantic.com

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

This material was funded by USDA's Food Stamp Program.

The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.