

# Harvest of the Month



December:  
Spinach



# Spinach Fun Facts

## Learning about Spinach



Spinach can be enjoyed raw or cooked! It's great in soups, salad, and on sandwiches. It's even great in a smoothie!



Spinach originated in Persia (the area now called Iran) about 2,000 years ago.



Spinach is a cold-loving crop! In Virginia, we usually grow Spinach in the fall or the early spring.



There's a reason why Popeye ate so much spinach! Spinach is one of the most nutrient-dense foods in the world. It's high in vitamins and minerals such as Iron, Vitamin K, Folate, and Manganese! Adding just a handful or two of spinach to a meal can make a big difference.



# Leafy Greens

There are plenty of others leafy greens to try!



Lettuce



Arugula



Radicchio



Kale



Swiss Chard



Bok choy

## Ingredients

- 2 bunches spinach, torn into bite-size pieces
- 4 cups sliced strawberries
- ½ cup vegetable oil
- ¼ cup white wine vinegar
- ½ cup white sugar
- ¼ teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds



## Directions

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.