



HARVEST OF THE MONTH

DECEMBER 2020

SPINACH



FAST FACTS



Spinach originated from ancient Persia, but now California grows about 75% of all spinach in the U.S



Unlike most vegetables, cooking spinach can help get the most health benefits.



Spinach has 15 different vitamins and minerals that are good for your health.



Spinach is high in Vitamin K which is needed for blood clotting.

VARIETIES

There are 3 major varieties of spinach

Savoy

has thick, deep crinkled leaves

Semi Savoy

has less crinkled leaves

Smooth Leafed spinach

has smooth, flat leaves

IDEA FARM

IDEA Farms has been hard at work growing Spinach for our scholars!

We are eagerly waiting for our farms to harvest the Spinach to be used in our special December Holiday recipe: Cranberry Quinoa Florentine!



IDEA
Public Schools