



Spinach

Plant: Spinach seeds cannot germinate in high temperatures. Spinach should be planted in early spring or fall. Plant seeds $\frac{1}{2}$ inch deep and space 2 inches apart in a row. Row spacing should be 1 to 3 feet apart.

Grow: Spinach can survive colder temperatures as low as 20°F. Plants should be watered thoroughly in the morning. Insufficient watering prevents plant from establishing deep roots.

Harvest: Harvest outer spinach leaves by cutting at stems when about 2-5 inches long and deep green in color. Be sure to cut off any fibrous or tough stems. Rinse leaves with water and drain well. Store in refrigerator in plastic bag or container lined with a paper towel to soak up excess water. Spinach will keep in refrigerator for 3-5 days.

Nutrition Facts	
Serving Size 1 cup 30g (30 g)	
Amount Per Serving	
Calories 7	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56% • Vitamin C 14%	
Calcium 3% • Iron 5%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition Information:

Spinach is low calorie and full of fiber, and rich in iron and folate. Iron is essential to making proteins, hormones, and neurotransmitters. To best absorb the iron from dark green leafy greens, serve with a source of vitamin C such as citrus or tomato, or a source of heme-iron like meat. Folate aids in making new cells and is especially important in pregnant women to prevent birth defects. Spinach also provides excellent sources of vitamins K and A.

How to Prepare: Spinach can be eaten raw or cooked. Raw spinach can be used as a salad base or part of a lettuce mix. Spinach decreases in volume drastically when cooked. Cook by steaming spinach or sautéing in a pan with 1 tsp for every 3 cups of spinach. Cooked spinach can be mixed into other dishes to boost nutrition.



Cranberry Rice Salad with Spinach

Yields: 4 servings

Serving size: 1 cup spinach & $\frac{3}{4}$ cup cranberry rice salad

Ingredients

$\frac{3}{4}$ cup brown rice, cooked
 $\frac{1}{2}$ cup celery, chopped
3 Tbsp lime juice
1 Tbsp honey
 $\frac{1}{2}$ tsp dry mustard
 $\frac{1}{4}$ tsp paprika
2 Tbsp canola oil
1 $\frac{1}{2}$ cup fresh cranberries
1 oz walnuts (or 14 half pieces)
 $\frac{1}{4}$ cup onion, chopped
1 Tbsp fresh dill weed, chopped
4 cups raw spinach, chopped

Preparation

1. Combine lime juice, honey, dry mustard, paprika, and canola oil for dressing. Mix until well-blended.
2. Combine rice, celery, cranberries, walnuts, onion, dill weed, and dressing. Toss to evenly coat.
3. To serve, portion 1 cup of spinach on plate and top with $\frac{3}{4}$ cup of rice mixture.

Nutrition Facts per Serving:

190 calories, 12 g fat, 21 g carbohydrates, 4 g fiber, 3 g protein