

# Spinach

**Available**

March - May  
September - December



## Health Benefits

Spinach is rich in several minerals your body needs, including potassium. Eating foods that are high in potassium can help lower blood pressure.

## At A Glance

Spinach is a bright, leafy green and a powerhouse vegetable! Spinach grows well in cooler temperatures. Maryland farmers grow around 10 millions pounds of spinach a year!



## How to Select and Store

- When buying spinach the leaves should be bright green without yellow stems. Avoid leaves that are wilting or look slimy.
- Do not wash spinach before storing as the leaves will go soggy.
- Place in a plastic bag and store in the refrigerator. Use within 4 to 5 days.



## Prepare and Serve

Rinse leaves in a cool bowl of water to remove dirt. Dry with a towel or salad spinner. Spinach can be served in a variety of dishes: fresh, frozen, steamed, stir fry or sautéed. Chop up some leaves and add to eggs or a casserole for extra nutrients. Spinach is a great addition to smoothies as well.