



Spinach

Spinacia oleracea

Nutrition Facts

- Spinach is high in Vitamin A and C.
- 100 grams of spinach provides 25% of the recommended daily iron intake.
- Potassium and calcium in spinach account for a quarter of each of the recommended daily amounts.
- Once it is cooked, spinach loses half of its vitamins and nutrients.

Planting

Plant 3/20-4/20 or 8/1-8/20
(Guidelines for planting in raised beds)

When you plant spinach seeds you can either sow them in rows 2-3" apart and thin plants to stand 3-4" apart in each row, which will give you a large amount of baby leaf spinach. Or, you can sow seeds in rows spaced 4-6" apart and thin plants to stand 6-8" apart in each row, which allows the spinach room to develop larger plants.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Harvest & Storage

Once plants reach 4" tall, harvest spinach by cutting off the leaves. Cut the leaves from the outer part of the plant and leave the inner stocks to grow more leaves.

Spinach will go to seed, or bolt, when the temperatures rise in mid-June. The warmer temperatures and longer days will cause spinach to seed more quickly.

Store spinach in the refrigerator for up to one week. Do not wash the spinach until right before use.

Recipe

Wash all vegetables before using

Strawberry Spinach Salad

1 pound spinach leaves

7 sliced strawberries

1/4 cup sliced almonds

2 tablespoons olive oil

1/4 teaspoon balsamic vinegar

Place washed spinach leaves into a large salad bowl. Toss the sliced strawberries and almonds onto spinach. Mix everything together. In a separate bowl, mix together olive oil and balsamic vinegar. Pour dressing over salad, mix well and enjoy!



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