

Selection

Spinach should have fresh, green leaves that are not limp, damaged or spotted.

Leaves should be dull green on top and bright green on the underside.

Fresh spinach is available year round but is usually available locally in early summer.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Do not wash produce before storing.
- ◆ Before cutting, cooking, or eating, wash vegetables under running water.
- ◆ Store fruits in a separate drawer from vegetables and meat.
- ◆ It is best to store fruits and vegetables in perforated plastic bags.

Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ Buying local lets you see and meet the people who produce our food.



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>



Spinach
Espinaca

Uses

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, lasagna or other vegetable dishes.



Crust-less Spinach Pie

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Low Sodium
- ◆ High in Potassium
- ◆ High in Vitamin C
- ◆ Good source of Vitamin A

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Try It!

Crust-less Spinach Pie

INGREDIENTS

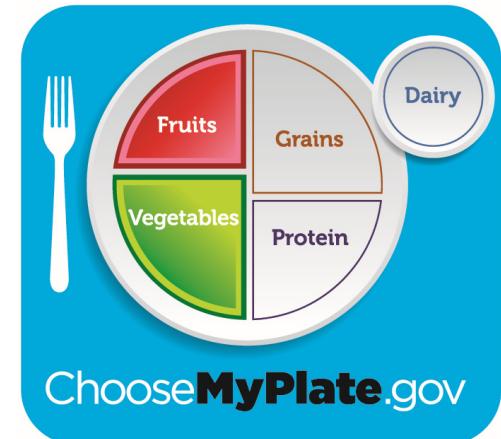
2 Tbsp.	Butter
2	Large eggs
1/2 cup	Flour
1/2 cup	Milk (1%)
2	Garlic cloves, minced, or 1/2 tsp. garlic powder
1/2 tsp.	Baking powder
4 ounce	Mozzarella cheese
2 cups	Fresh spinach, chopped

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Melt butter or margarine in an 8 inch baking pan
3. Beat eggs well. Add flour, milk, garlic, and baking powder. Pour into baking pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

Yield: 2 servings

Recipe Source: www.recipefinder.nal.usda.gov/



History & Fun Facts

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century. Spinach was not commonly eaten in the United States until the Early 19th century.

There are 3 basic types of spinach:

- Flat or smooth leaf—has unwrinkled, spade-shaped leaves (usually used for canned and frozen spinach or in other processed foods).
- Savoy—has crinkly, dark green curly leaves (usually sold fresh)
- Semi-savoy—has slightly curly leaves (usually sold fresh).