

SPINACH

ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	X	X	X	X								X



FIND SPINACH IN ARIZONA

- Farms to get the local produce:
 - Agrotopia Farm. Gilbert, AZ
 - Blue Sky Organic Farms: Litchfield Park, AZ
 - Duncan Family Farms, Goodyear AZ



- Yuma County** is the top producer of baby spinach.
- Maricopa County** benefits from ideal weather to maintain its strong spinach production.
- Pinal County** adds to Arizona's agricultural success with high-quality spinach.
- La Paz County** showcases the impact of dedication in providing fresh spinach to local markets.

ARIZONA HARVEST FACTS

- There are three main types of spinach: savoy, semi-savoy, and flat leaf. Each type has a unique texture and flavor.
- National Spinach Day is March 26
- Spinach is a natural hydrator with raw spinach 91% water. It's an excellent source of vitamins A, C, and K, folate, potassium, and fiber.
- Cooked spinach provides higher levels of vitamin A and iron than raw.
- Arizona is strutting its leafy stuff as the runner-up in the Spinach competition of the US, behind California, and ahead of Texas & New Jersey!

Connect with Local Producers!

SCHOOL INTEREST FORM



LOCAL RECIPE: GREEN EGGS & HAM

- Check out these school-ready, student-tested, Green Eggs & Ham recipes or use them to inspire making them your own way.
- Include Green Egg recipes to add fun to menus for special events like Dr. Seuss' Birthday, National Nutrition Month (March), National Spinach Day, Earth Day--The possibilities are endless.



- Fresh Spinach
- Green Onions
- Cilantro



QUICK MATH: SPINACH



1 # FRESH SPINACH



Raw leafy greens (spinach) credit at **half** their served volume (e.g., ½ cup, fresh credits as ¼ cup of dark green vegetables) Cooked leafy greens (spinach) credit at their **full** volume served (e.g., ½ cup cooked credits as ½ cup).

