

SPINACH



TASTE OF TEXAS 23-24 Harvest of the Month Club!



Spotlight Item for December

HARVEST OF THE MONTH
DECEMBER



Fun Facts

- Crystal City, TX calls itself the spinach capital of the world and has had a Popeye statue since 1937.
- Spinach is an excellent source of beta carotene. Beta carotene is a nutrient that helps our immune systems, skin and eyes.
- Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!

Joke of the Month

Q: Why is eating spinach so important?

A: To build a "salad" foundation for a healthy life!



I am the
**Leafy
Avenger**

My favorite activity
is running!



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Spinach is one of the most popular members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make spinach famous. It won't actually make you super-strong like Popeye, but it does have nutrients for your skin, eyes and a healthy body. Texas is ranked second in the country for growing spinach. It has flat, smooth leaves but some types have dark green, curly leaves. It can taste great raw in a salad or cooked in a sauce.

DID YOU KNOW?

Spinach grows rapidly and becomes full-grown in about six to eight weeks after it is planted. Farmers pick it when it has about 10-12 leaves, by pulling the plant out of the ground.

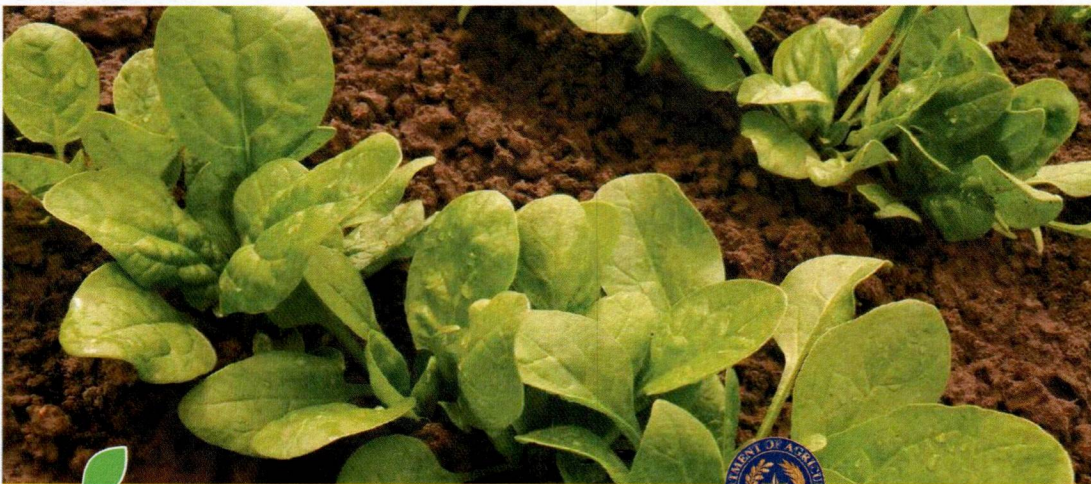
FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.



SPINACH
GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley



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