



The Vegetable of the Month is **SPINACH!**

Spinach originally came from Persia (now Iran) where it was known as "aspanakh".

Spinach was used by medieval artists to produce a green pigment for illuminated manuscripts. It is one of the few non toxic natural green pigments, and is still used today as body paint.

Spinach was the favorite food of the cartoon character "Popeye", who said his amazing strength came from a daily diet of this green leafy vegetable.

Spinach is a cool season crop and belongs to the goosefoot family along with Swiss chard and beets.

Spinach was the first frozen vegetable ever to be sold.

Spinach packs a big punch of nutrients: it is rich in **Vitamin A, Vitamin C, iron, potassium, and fiber.**

Eat more of this super green to help reduce your risk of certain types of cancer, heart disease and eye problems. Spinach can also help regulate your blood pressure and improve your memory. Eat spinach when studying for your next test!



**Look for Spinach on
the lunch line this month!**

