

EDIBLE FLINT

SPINACH

NUTRIENT-RICH

Spinach is an great source of iron, calcium, vitamin A, vitamin C and vitamin K. In fact, one spinach leaf contains half of your daily vitamin K needs!

FUN FACT!

The US spinach growers in the 1930s credited Popeye with a 33% increase in domestic spinach consumption. Americans have loved the green leafy veggie ever since!



GROWING TIP

Spinach can be harvested multiple times during the season. When you're harvesting, be sure the cut above the grow point (circled in the picture on the left). By leaving these new leaves behind, the spinach will continue to grow and give you more harvests!



STRAWBERRY SPINACH SALAD

with balsamic vinaigrette

Adapted from Cooking Classy by Jaclyn

Ingredients

- 4 cups fresh spinach
- 1 cup fresh strawberries, sliced
- 1/3 small red onion, sliced
- optional 5oz Feta cheese, crumbled
- 3/4 cup pecans, roughly chopped

For the vinaigrette:

- 1/2 cup balsamic vinegar
- 1/2 cup olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp honey

Instructions

1. Add vinegar to a small saucepan, bring to a boil over medium heat and allow to boil until reduced by half, about 3 minutes. Pour into a bowl, add olive oil, Dijon mustard, honey and whisk to blend. Set aside.
2. In a salad bowl toss together spinach, strawberries, half of the feta, red onion and pecans. Drizzle about 1/3 of the dressing over salad then plate and drizzle remaining dressing over individual portions and top with remaining half of the feta. Serve immediately.

IN RECIPES...

When cooking with spinach, remember that it's okay to double or triple the amount of spinach a recipe calls for. In soups, stir fry's and baked dishes raw spinach cooks down significantly, so don't be afraid to bump up the nutrition and add more of the good stuff!

