

# OREGON SPINACH GROWN FOR SCHOOLS

In the 1920s, the Popeye the Sailor man cartoon became a great promoter for spinach in the United States.

Spinach is native to central and southwestern Asia.



## NUTRIENTS FOUND IN SPINACH

- ~ Spinach is an excellent source of vitamin A and vitamin K.
- ~ Spinach is also a good source of folate and vitamin C.
- ~ A half cup of cooked spinach is a good source of vitamin B6, riboflavin, calcium, iron, and potassium!

Spinach was first cultivated over 2,000 years ago in Iran.



As a cool season crop, spinach grows very well in many parts of Oregon.



Spinach is a delicious and healthy vegetable served raw or cooked!



Spinach is often eaten raw in salads, but is also often cooked like collard greens.