

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Spinach Activity Sheet

### ALL ABOUT NEW JERSEY:

Spinach is a cool season crop; it grows in the spring and fall in New Jersey- April- June and September-November.

### NUTRITION FACTS:

Spinach is a rich source of vitamin K which strengthens your bones and high in Vitamin A which is good for growth of body tissues, hair and skin.

### RECIPES:

- Cheesy Spinach Squares
  - Jersey Tastes! Cooking Series
- Blu Nana Spinach Smoothie
  - Jersey Tastes! Cooking Series
-  Spinach Waffles
  - Jersey Tastes! Classroom Tasting & Activity
-  Popeye Pasta Bake
- Spinach Blueberry & Strawberry Salad
- Grilled Cheese Spinach & Peaches



Indicates plant-based, center of the plate meal

### HOW DOES IT GROW:

Spinach likes to be directly seeded into the ground and it grows into a leafy green, which is the part of the plant we eat. Spinach loves the cooler weather and if it lives through a frost the legend is that it actually becomes sweeter! Here are some tips on growing spinach.

### ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

#### Preschool

- Grow it, Try it, Like It! Spinach Lane Preschool Fun with Fruits and Veggies

#### K - 2nd:

- Curriculum Guide for Sylvia's Spinach
  - Video - Reading Sylvia's Spinach

#### Upper Elementary:

- FoodCorps - Salad Dressing Challenge

#### Middle School:

- Spinach DNA Extraction

#### High School:

- Floating Spinach: Investigating Photosynthesis

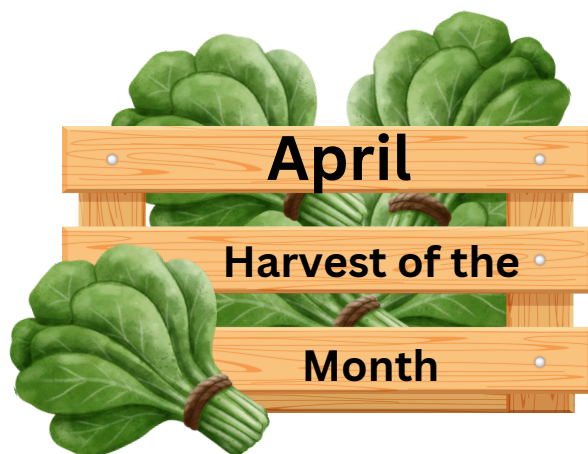
### FUN FACTS:

Popeye, a cartoon, was introduced in 1929 and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day - that was the message he delivered in each cartoon, for many years, spinach was the third most popular children's food after turkey & ice cream.

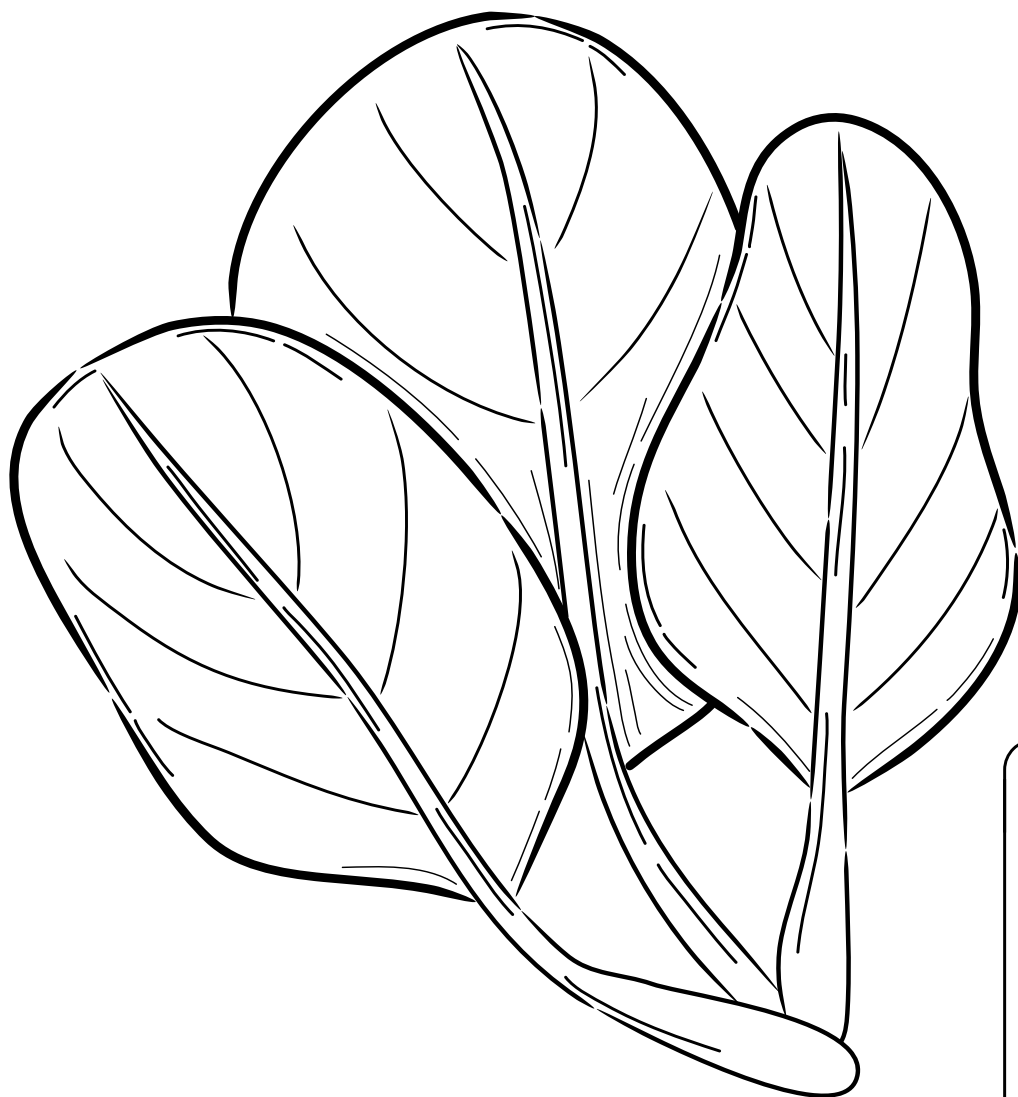
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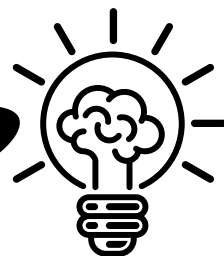
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# Spinach

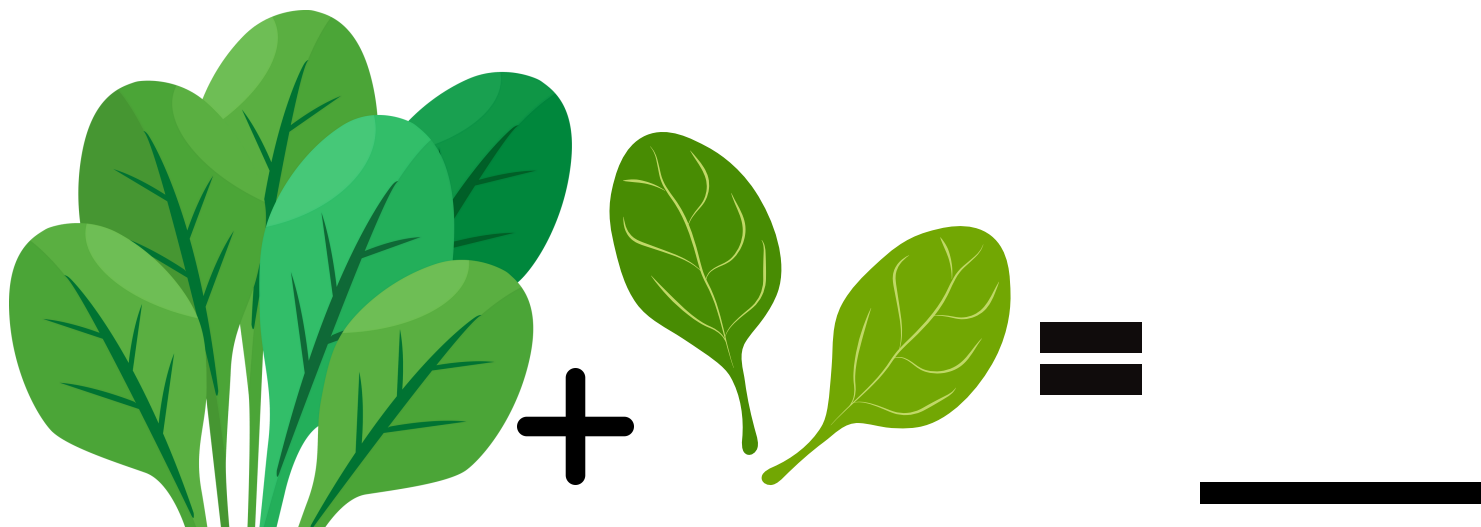
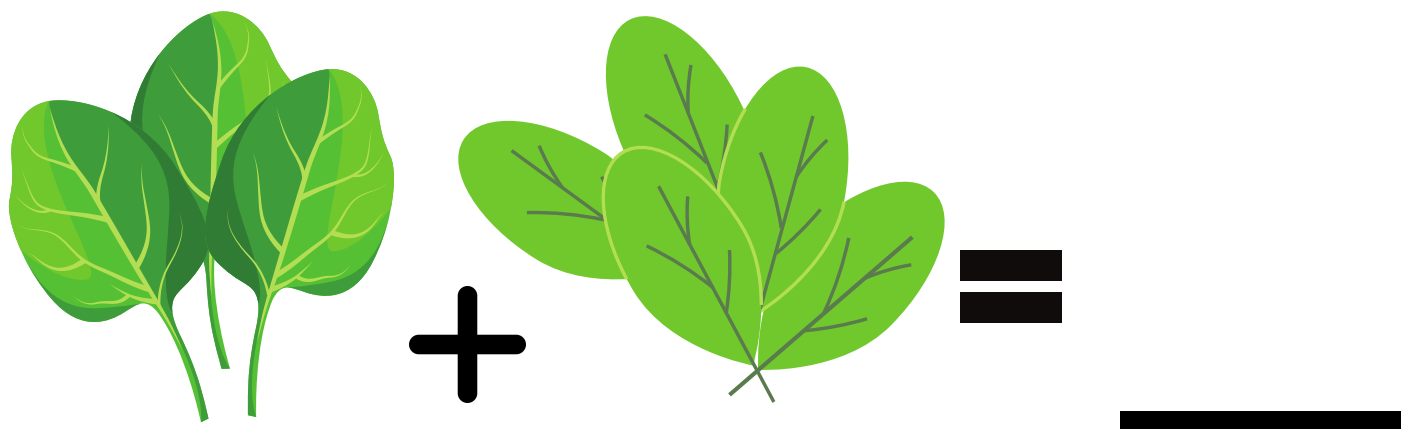
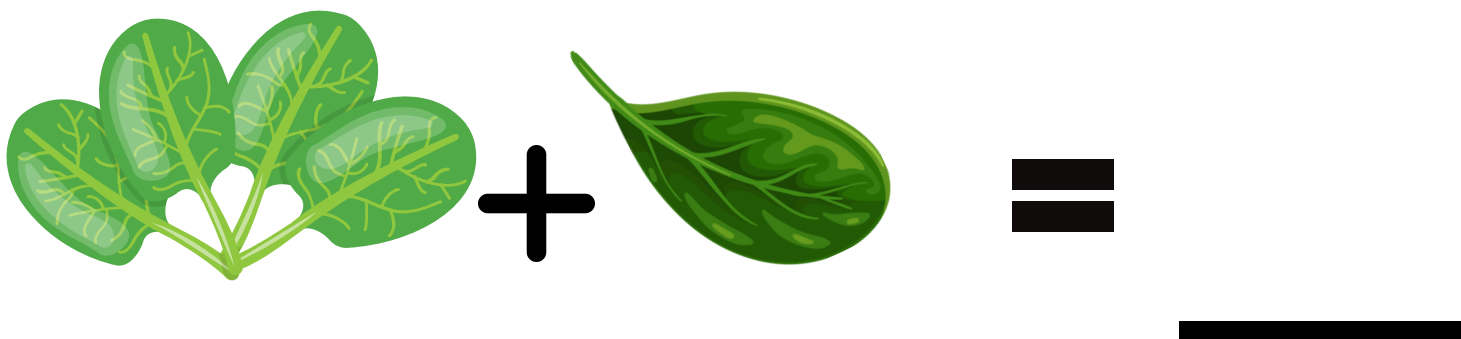
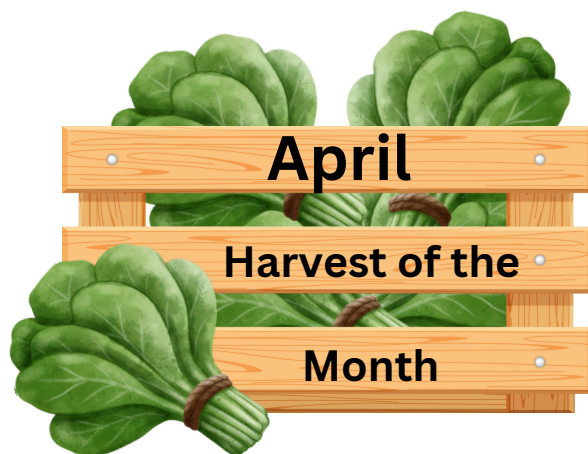


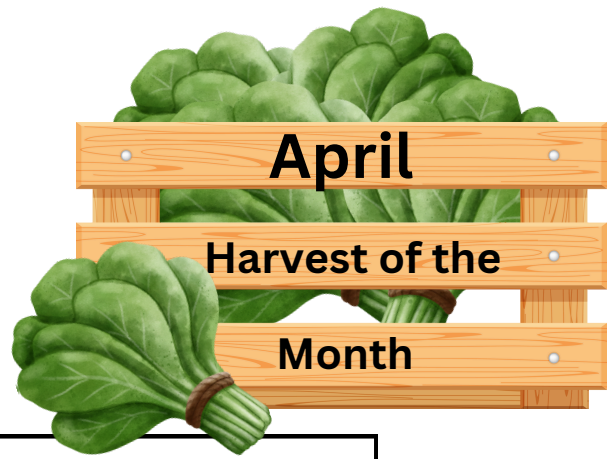
**DID YOU  
KNOW?**



The consumption of spinach grew when the cartoon character Popeye the Sailor Man debuted in 1929

INTERESTING FACT





vegetable	hot	cold	vitamins
savoy	flat leaf	semi	

- 1 Spinach is full of \_\_\_\_\_ A, C, B6, E, K, and folate
- 2 There are 3 different types of spinach : \_\_\_\_\_ spinach, \_\_\_\_\_ spinach and \_\_\_\_\_savoy spinach.
- 3 Spinach is a leafy green \_\_\_\_\_.
- 4 Spinach grows best in places with \_\_\_\_\_ summers and \_\_\_\_\_winters.

