

Fresh Fruit & Vegetable Program: December 13, 2022

Featured Fresh Vegetable: SPINACH



Health Benefits:

1. Vitamin C: supports immune system, healthy skin & healing
2. Vitamin K & Vitamin A: blood clotting, healing & vision
3. Iron: energy, blood formation, and bone health



Fun Facts:

1. The spinach plant originated in Persia. It came to China in the 7th Century, Europe in the 12th Century, and the United States in the 1800's.
2. The Popeye cartoon in the 1930's boosted spinach consumption in the US by an estimated 33%!
3. Half a cup of cooked spinach will give your body 10% of all the iron you need to consume each day!

