

## Fresh Fruit & Vegetable Program: April 2023

### Featured Fresh Vegetable: **BABY 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 7<sup>th</sup> Century, Europe in the 12<sup>th</sup> 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!

