

FOOD PREPARATION STEPS



1. Wash spinach thoroughly in cool water.



2. Drain in a colander or salad spinner.



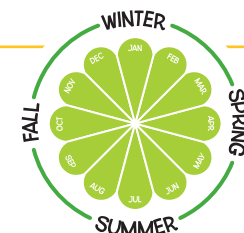
3. Break off any tough stems and reserve for composting.



Spinach can also be cooked with a small amount of water.



Spinach is an excellent source of vitamin A as well as vitamin K, which keeps blood vessels healthy and helps stop cuts and scrapes from bleeding too much by starting the healing process. It also is a good source of potassium and folate. Cooking spinach makes calcium more absorbable by our bodies, so it can aid in maintaining bone and tooth health. In contrast, raw spinach provides more vitamin C, which is vital for growth and repair of all tissues in the body. To take advantage of all of the vegetable's many benefits, incorporate both raw and cooked spinach into your diet.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Spinach is grown year-round in Hawai'i.
- Leaves should look bright green and fresh. Avoid damaged, slimy, or wilted leaves.
- Spinach should be refrigerated, but does not last very long after harvest.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.