

# 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

MADE IN COLLABORATION WITH:



### 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:

- [Fresh Farm - Salad Dressing Challenge](#)

#### Middle School:

- [Spinach DNA Extraction](#)

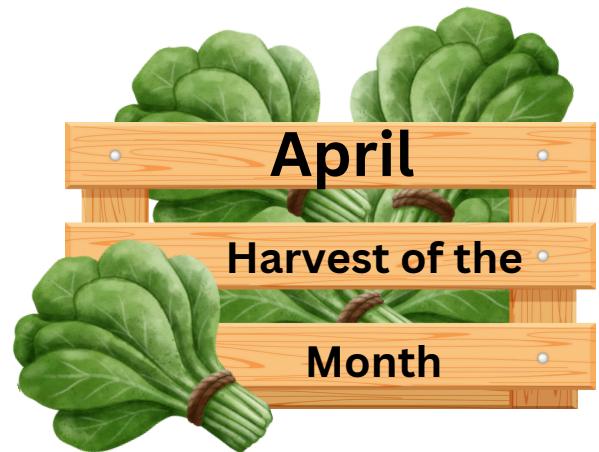
#### High School:

- [Floating Spinach: Investigating Photosynthesis](#)

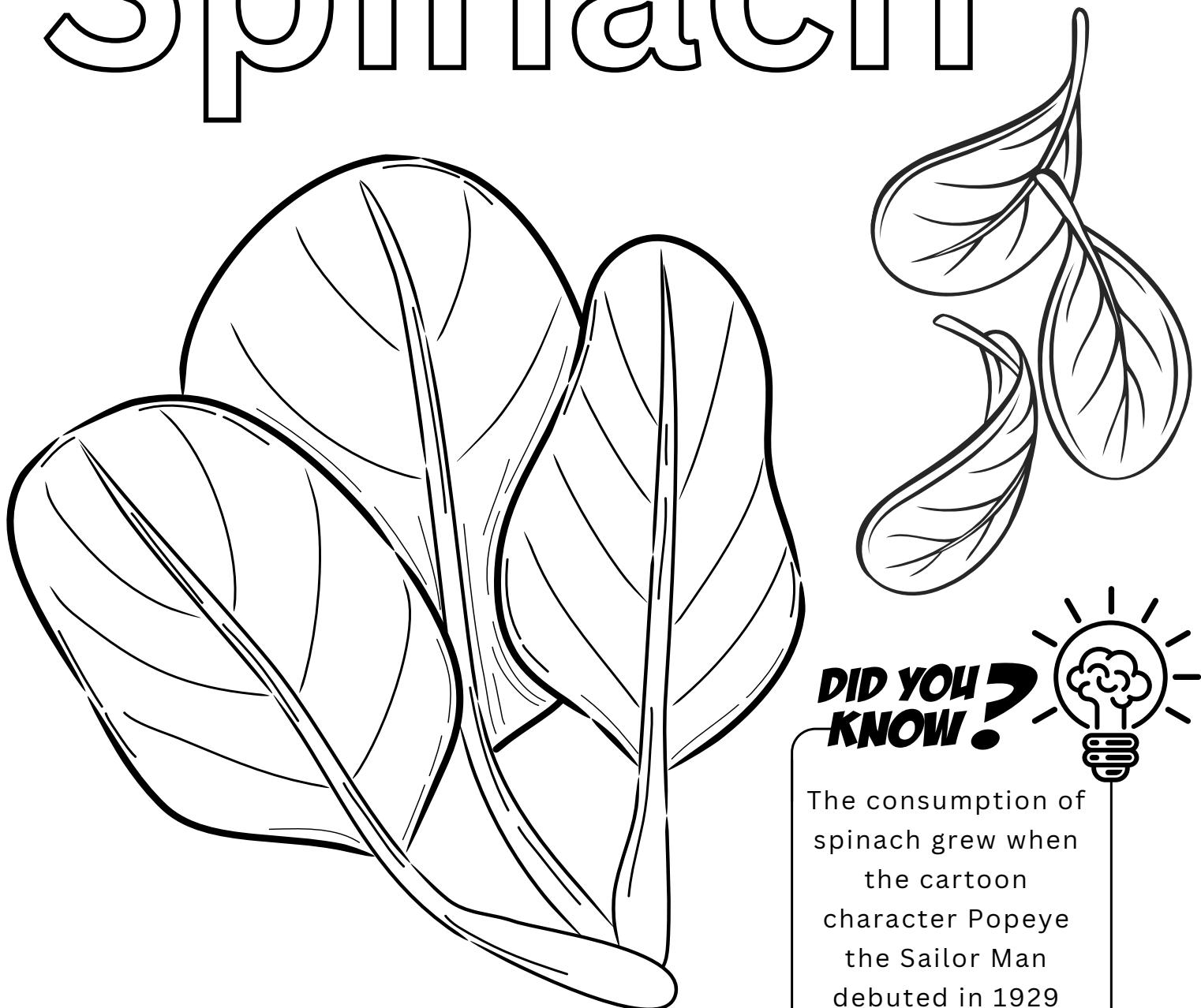
### FUN FACTS:

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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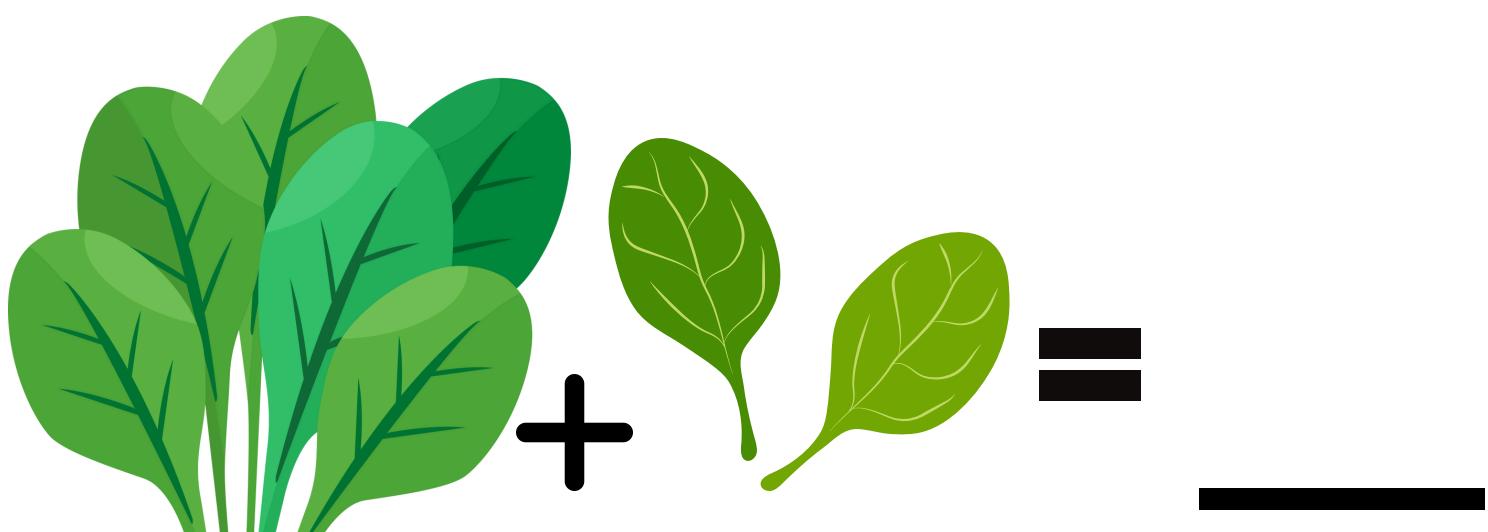
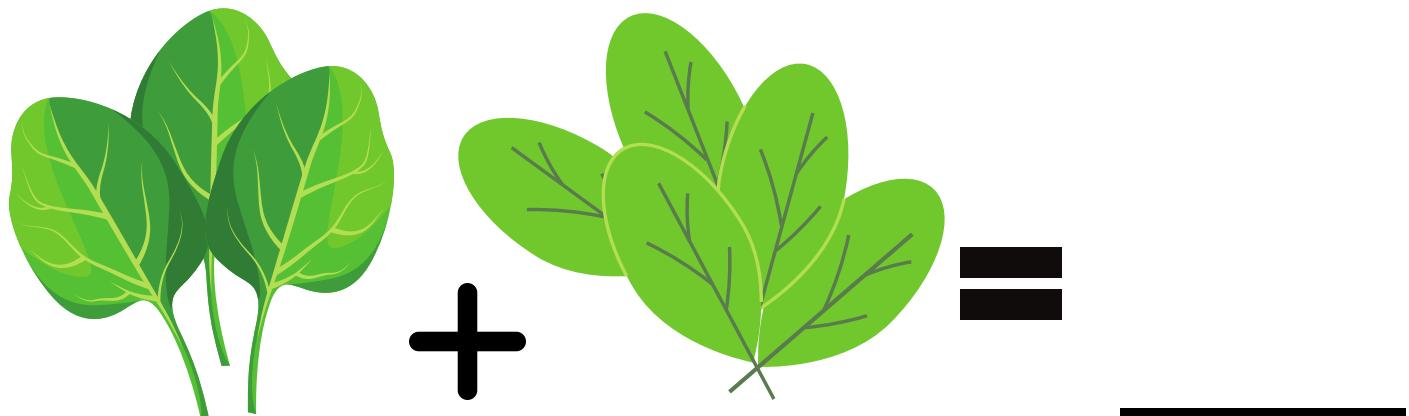
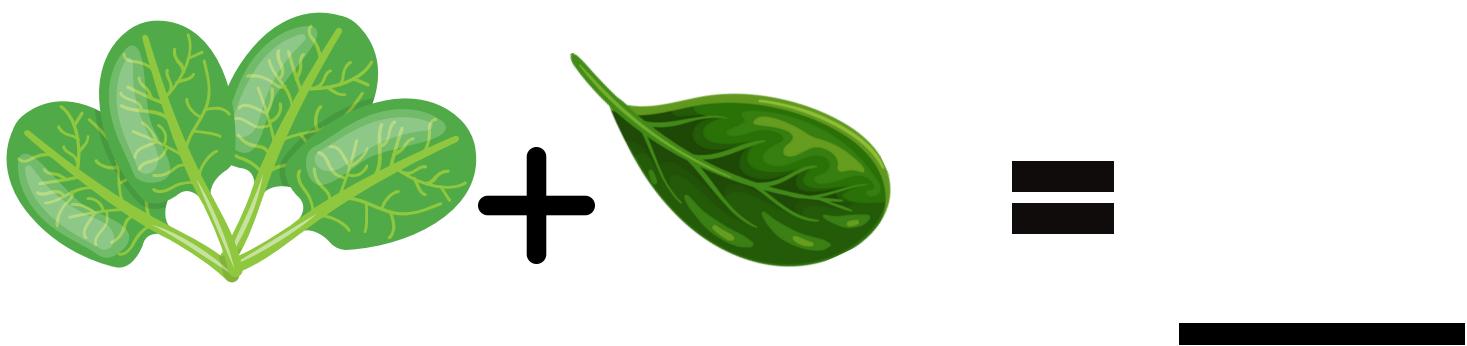
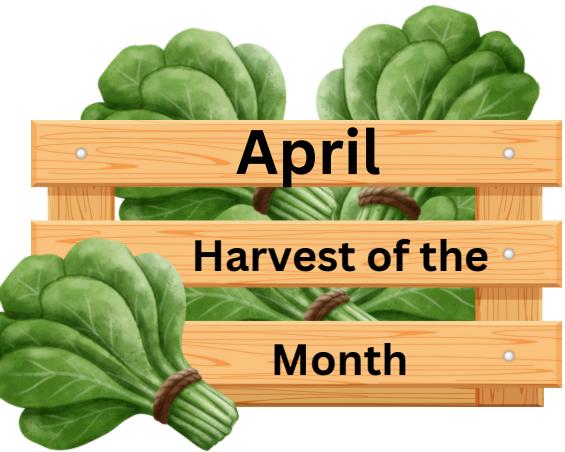


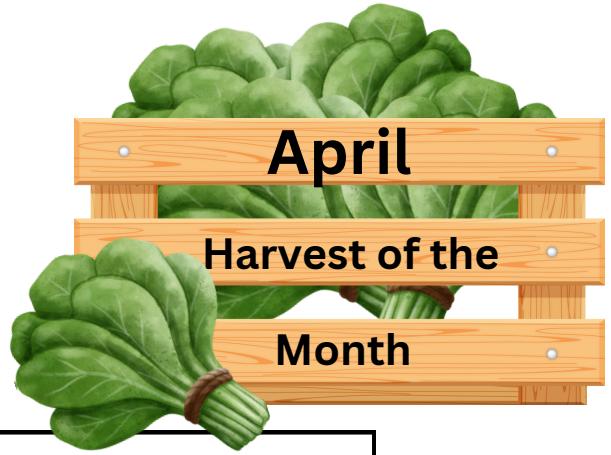
# Spinach



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 \_\_\_\_\_ spinach.
  
- 3 Spinach is a leafy green \_\_\_\_\_.
  
- 4 Spinach grows best in places with \_\_\_\_\_ summers  
and \_\_\_\_\_ winters.

