

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:

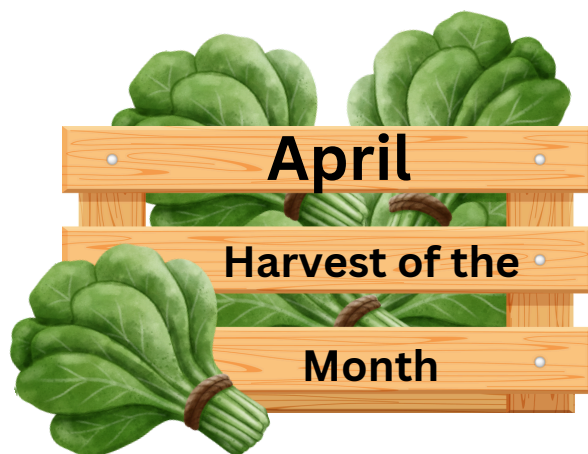
- [Floating Spinach: Investigating Photosynthesis](#)

FUN FACTS:

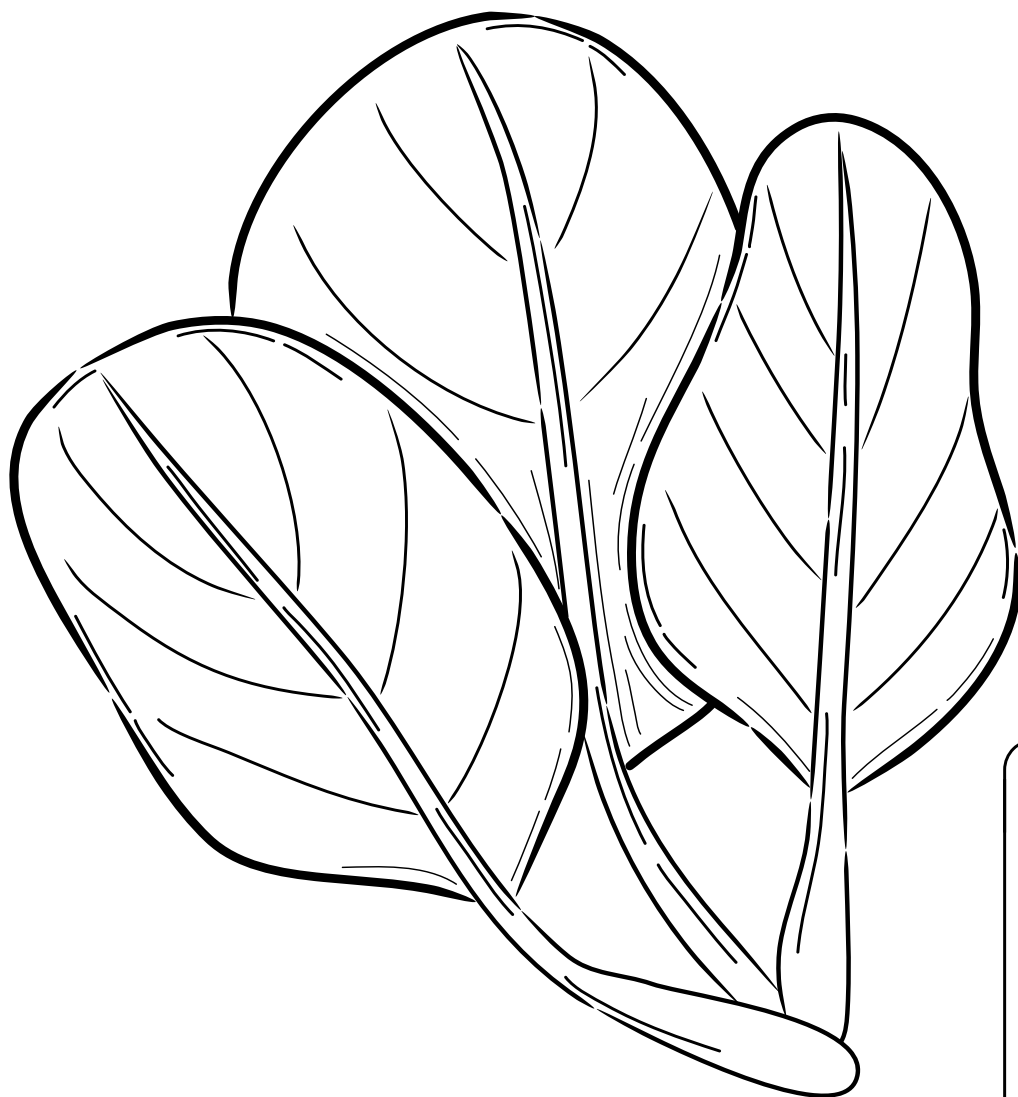
Popeye, a cartoon, was introduced in 1929 and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day - that was the message he delivered in each cartoon,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

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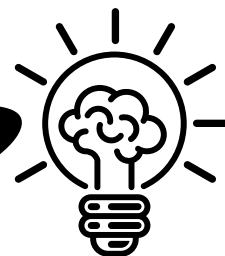
www.nj.gov/agriculture/farmtoschool/programs/



Spinach

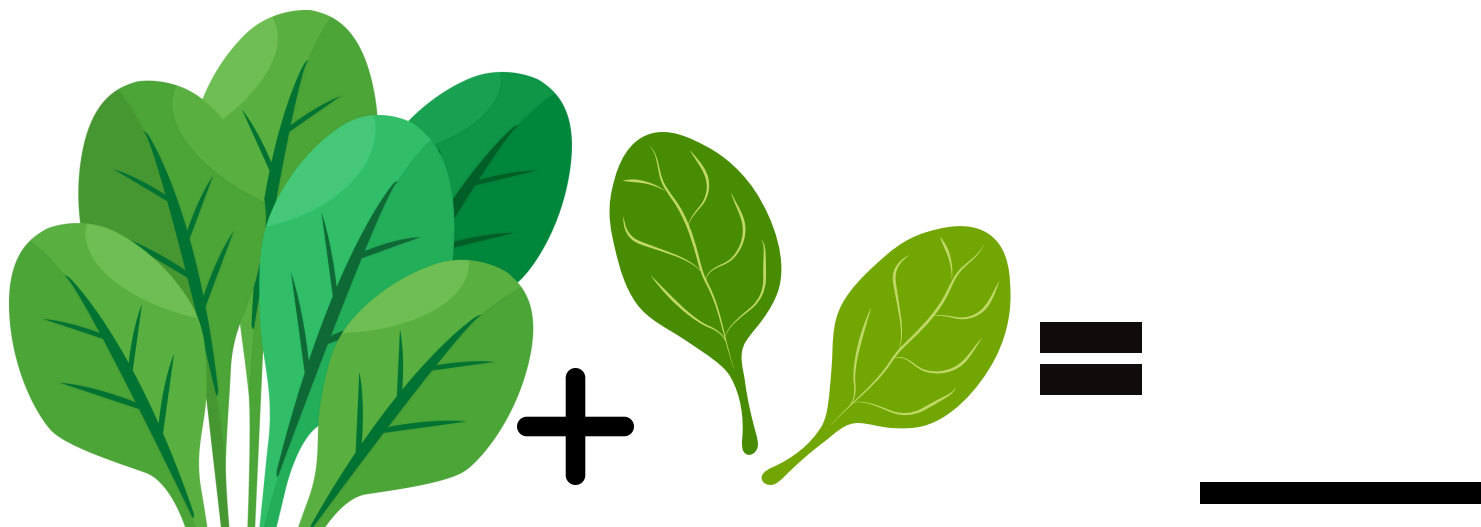
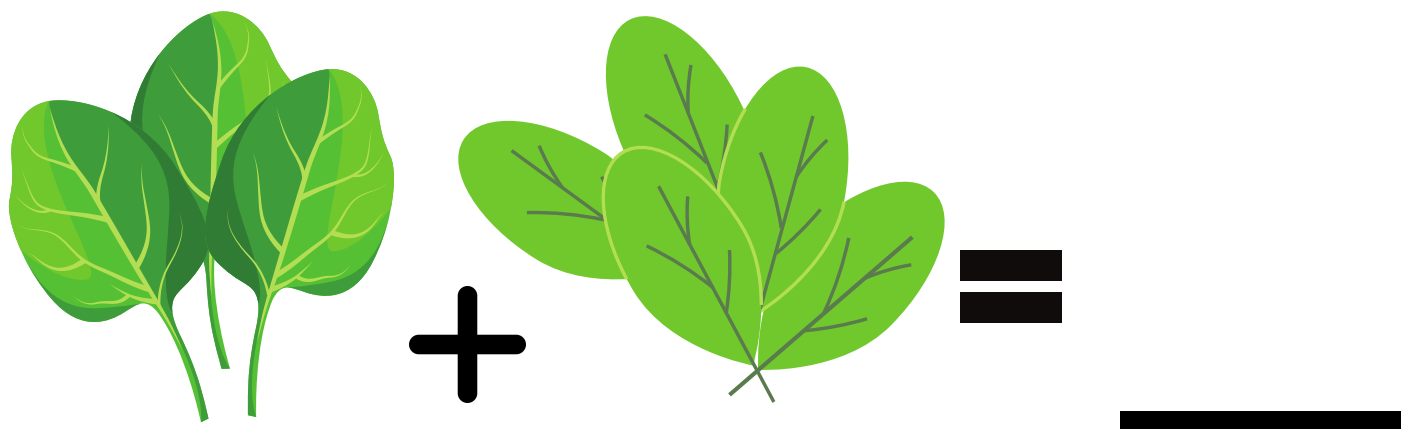
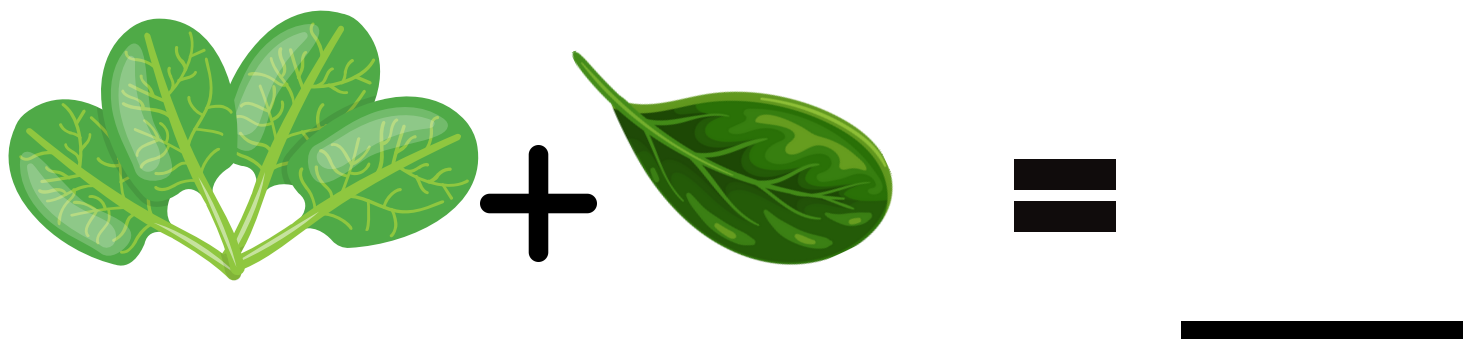
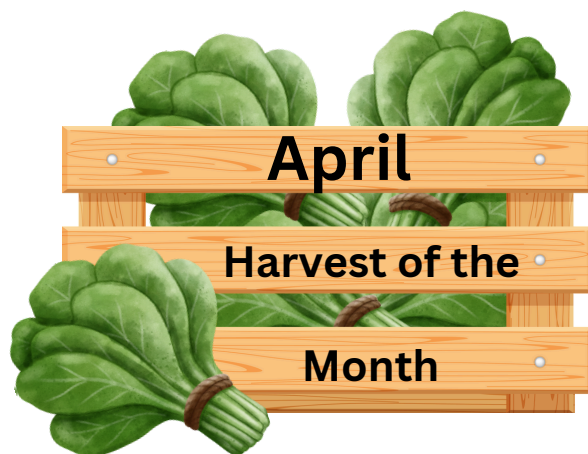


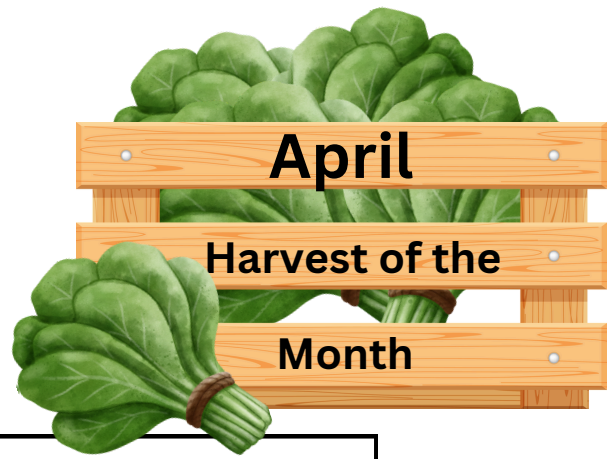
**DID YOU
KNOW?**



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

