Spinach

**APRIL 2021**

*Spinacia oleracea*

**Plant:** Leafy green flowering annual

**Part We Eat:** Leaves, stem

**Growing Conditions:** Cold-hardy, partial-shade tolerant, needs moisture

**Plant to Harvest Time:** 6 weeks

**Native to:** Central Asia

**Important Nutrients:** Vitamins A, C, and K, Folic Acid, Fiber, Iron, and Calcium, Potassium

**Benefits:** Helps keep hair and skin healthy, strengthens bones, helps with digestion, lowers risk for heart disease, and regulates blood pressure

**Fun Fact:** 1 cup of cooked spinach has more potassium than a banana!