

Spinach

**Spinach is native plant
to Persia, now Iran.
China grows 85 percent
of the world's spinach.
The U.S. grows about
3 percent.**



**SPINACH
FACT**

1

GARDEN STATE ON YOUR PLATESM
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SCHOOL GARDENS COOPERATIVE



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ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Spinach

**Spinach was brought
to Europe around
the 12th century
and to the U.S.
in 1806.**



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Spinach is a member of the goose-foot family, related to beets and chard.



**SPINACH
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Spinach

**Spinach is a power food.
It is high in vitamins
and antioxidants, both of
which build strength and
resistance to disease.**



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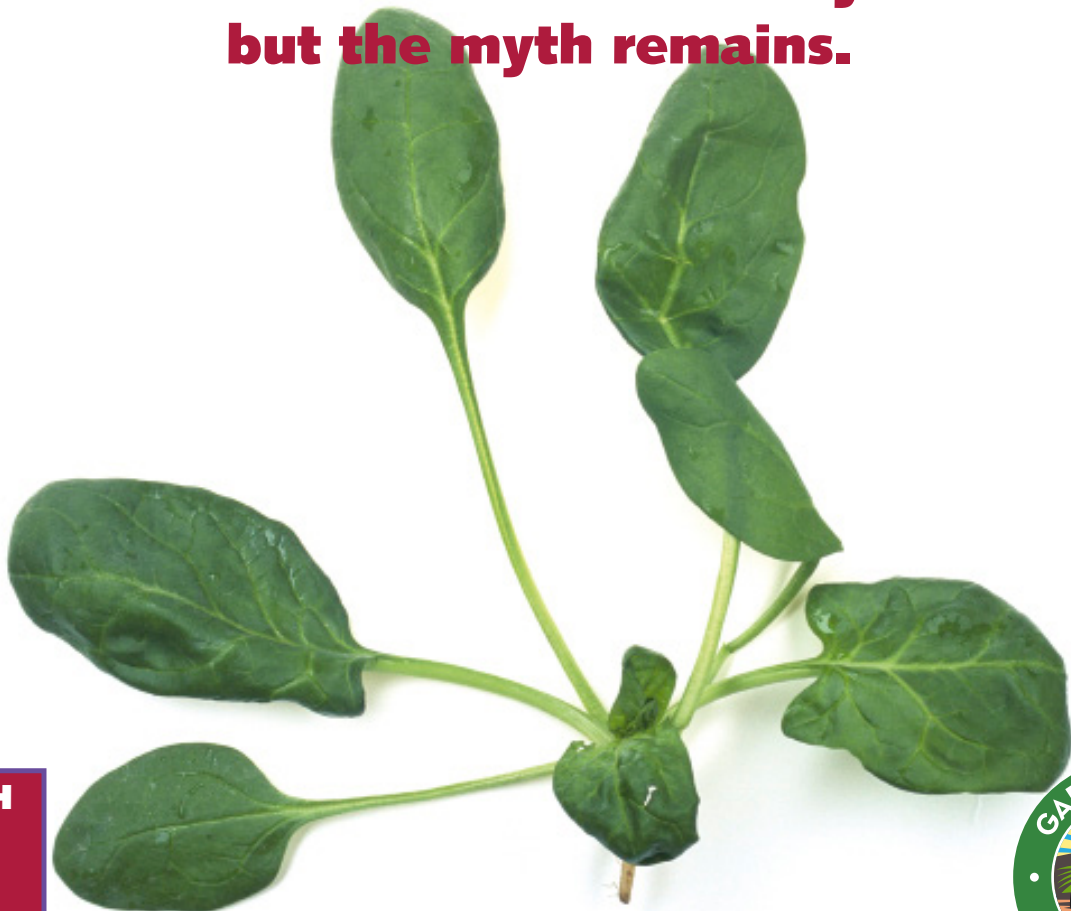


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A math error is blamed for the widespread belief that spinach is high in iron.

In 1870, Dr. E von Wolff measured its iron content but placed the decimal point in the wrong position, overstating the iron content of spinach ten-fold. The mistake was discovered 67 years later, but the myth remains.



**SPINACH
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There are three groups of spinach: Savoy, with crinkly, curly leaves; smooth-leaf; and semi-savoy, a cross between the two.



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**Catherine de Medici,
from Florence, Italy,
loved spinach.**

**Her appreciation of the vegetable
back in the 16th century gave rise
to the term “Florentine”
for dishes that include spinach.**



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In the 1930s, a cartoon was built around the power provided by eating spinach.

Here's the chorus: I'm Popeye the Sailor Man (toot toot!). I'm Popeye the Sailor Man! I'm strong to the finish cause I eats me spinach! I'm Popeye the Sailor Man!



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**New Jersey follows
California and Arizona
in spinach production.**

**Other big spinach-growing states
include Arkansas, Colorado,
Maryland and Texas.**



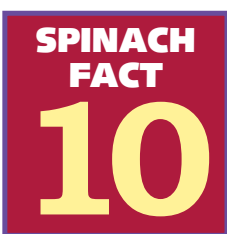
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Green pigment from spinach was used in medieval times as ink and paint.



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