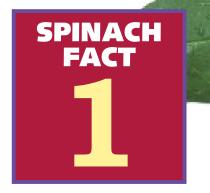
Spinach is native plant to Persia, now Iran. China grows 85 percent of the world's spinach. The U.S. grows about 3 percent.





GARDEN STATE ON YOUR PLATE ^{5M} IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE CARDENS, VINT CARDENS, VINT OUR PLA

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.

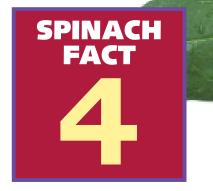




GARDEN STATE ON YOUR PLATE SM IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE CARDEN SIT

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





GARDEN STATE ON YOUR PLATE ^{5M} IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE



SpinchA 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.



GARDEN STATE ON YOUR PLATE SM IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE CARDEN SAY MIN OLUCIONALIA OUR PLA

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





GARDEN STATE ON YOUR PLATE ^{5M} IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE CARDEN SAVIN OLUCION AU

SpinchCatherine 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.



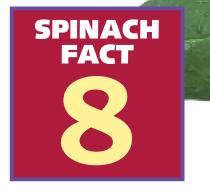


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Spinach In the 1930s, a cartoon was built around the power provided by eating spinach.

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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Spinach New Jersey follows California and Arizona in spinach production. Other big spinach-growing states include Arkansas, Colorado, Maryland and Texas.



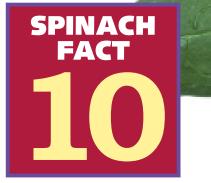


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