

# 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.**



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
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.**



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Spinach

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



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Spinach

**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 <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Spinach

**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.**



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# 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 <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Spinach

**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.**



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# 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!**



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER



# Spinach

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

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



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Spinach

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



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER