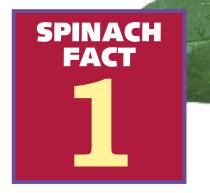
## Spinach is native plant to Persia, now Iran. China grows 85 percent of the world's spinach. The U.S. grows about 3 percent.





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



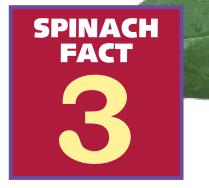


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# Spinach is a member of the goose-foot family, related to beets and chard.

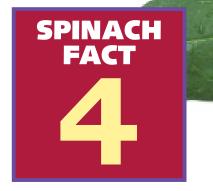




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## Spinach is a power food. It is high in vitamins and antioxidants, both of which build strength and resistance to disease.





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# **Spinch**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.



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### Spinach 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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# **Spinch**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.



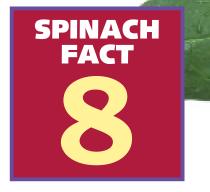


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### Spinach In the 1930s, a cartoon was built around the power provided by eating spinach.

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.



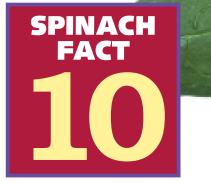


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