

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Spinach Activity Sheet

### NUTRITION FACTS:

Spinach is a rich source of vitamin K which strengthens your bones and high in Vitamin A which is good for growth of body tissues, hair and skin.

### RECIPES:


#### Breakfast:

- [Cheesy Spinach Squares](#)
  - [Jersey Tastes! Cooking Series](#)

- [Blu Nana Spinach Smoothie](#)
- [Spinach Waffles](#) Jersey Tastes! Classroom Tasting & Activity



#### Lunch:

-  [Popeye Pasta Bake](#)
- [Spinach Blueberry & Strawberry Salad](#)
- [Grilled Cheese Spinach & Peaches](#)



Indicates plant-based, center of the plate meal

### MADE IN COLLABORATION WITH:



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## ALL ABOUT NEW JERSEY:

Spinach is a cool season crop; it grows in the spring and fall in New Jersey- April- June and September-November.

### HOW DOES IT GROW:

Spinach likes to be directly seeded into the ground and it grows into a leafy green, which is the part of the plant we eat. Spinach loves the cooler weather and if it lives through a frost the legend is that it actually becomes sweeter! Here are some tips on growing spinach.

### ACTIVITIES:



[NJ Climate Change Standards & Connections to Agricultural Literacy](#)

#### Preschool

- [Grow it, Try it, Like It! Spinach Lane](#)  
[Preschool Fun with Fruits and Veggies](#)

#### K - 2nd:

- [Curriculum Guide for Sylvia's Spinach](#)
  - Video - [Reading Sylvia's Spinach](#)

#### Upper Elementary:

- [FoodCorps - Salad Dressing Challenge](#)

#### Middle School:

- [Spinach DNA Extraction](#)

#### High School:

- [Floating Spinach: Investigating Photosynthesis](#)

### FUN FACTS:

Popeye, a cartoon, was introduced in 1929 and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day - that was the message he delivered in each cartoon, for many years, spinach was the third most popular children's food after turkey & ice cream.