

# DECEMBER HARVEST OF THE MONTH



## SPINACH

SCAN THE  
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HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY SPINACH AT HOME! HEALTH & NUTRITION

Spinach is low in calories and has a substantial amount of dietary fiber.

One cup of spinach contains 181% of daily Vitamin K, 56% of daily Vitamin A, 15% of daily folate, and 14% of daily Vitamin C recommendations. It also contains: Riboflavin, Vitamin E, Vitamin B6, Manganese, Magnesium, Iron, and Potassium.

# ? DID YOU KNOW

When choosing spinach, pick the most tender, brightest green leaves because they have the highest concentration of Vitamin C.