

Spinach

Botanical Name
Spinacia oleracea

Plant Family
Chenopodiaceae
("Goose Foot")

Parts Eaten
Leaves



Spinach Varieties

There are three basic types of spinach:

1. crinkly savoy spinach
2. smooth-leaf spinach
3. semi-savoy spinach.

Spinach likes cooler weather, so heat or "bolt" tolerant varieties are best for Georgia.

Try out these varieties for your southern garden:

- **Renegade**
- **Butterfly**
- **Escalade**
- **Shelby**



SPINACH to WIN it!

Did you know?

- Spinach was first cultivated over 2,000 years ago in Iran.
- Medieval artists extracted green pigment from spinach to use as an ink or paint.
- Spinach is a great resource for vitamin A, which is essential for good vision.
- Spinach is a member of the goose-foot family, which makes it a relative to beets, chard, and quinoa.
- Spinach was one of the first available commercialized frozen foods in the U.S.
- Spinach's green color comes from its high chlorophyll content. Chlorophyll is a pigment found in plants that help trap light for photosynthesis.



Spinach Jokes

Q: What kind of socks do you need to plant spinach?

A: Garden hose!

Q: Where did the spinach go to have a few drinks?

A: The Salad Bar!

Q: What do you call spinach leaves covered in solid gold?

A: A bunch of money!

Q: Why are spinach leaves never lonely?

A: Because they come in bunches!

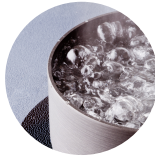


Spinach Paint



Step 1

Finely chop 1 cup of spinach and put it in a bowl.



Step 2

Barely cover the spinach bowl with boiling water and let stand for 5 minutes.



Step 3

Press and smash the spinach with the back of the spoon.



Step 4

Strain through a small strainer.



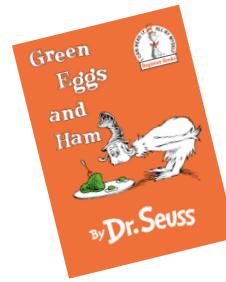
Step 5

Lastly, mix 2 tsp of your spinach juice with 6 tsp. of powdered sugar.



Step 6

You are ready to paint!



SPINACH to WIN it!

Green Eggs Recipe

Ingredients:

- 6 eggs
- 1 tablespoon of milk
- 2 tablespoons of onion, roughly chopped
- 1 cup of spinach leaves, washed with big stems removed
- Salt and pepper to taste
- Butter for frying



Steps:

1. Combine first 5 ingredients in a blender (including the salt and pepper) and blend until the greens are pureed.
2. Heat a pat of butter in a frying pan over medium-low heat.
3. Once the butter has melted, pour the egg mixture into the warm pan. Let it sit for a couple minutes before you begin to stir and scramble with a spatula.
4. Cook until eggs are done all the way through.
5. Serve warm while reading Green Eggs and Ham!