

Spinach Cultural Highlights

Spinach Dishes Around the World

SPINACH
to WIN it!



Greece:

Spanakopita, a Greek spinach pie.

Argentina:

Torta pasqualina can be made with either swiss chard or spinach, and empanadas can be made with Spinach (spinach empanadas will often have some cheese and onion)



France:

Spinach Au Gratin (Au Gratin means with cheese). This is a creamy baked dish.

Catalonia:

Espinacas a la Catalana is a simple steamed spinach dish with olive oil, garlic, pine nuts, and raisins from Catalonia, an independent republic historically part of Spain.



India:

Palak paneer, a spinach dish with paneer (an Indian white cheese)

Ethiopia:

Gomen wat is a spinach stew.



Afghanistan:

Afghan Sabzi is a sauteed spinach dish with spices served with yogurt and naan.

Spinach Varieties Around the World

Asia and Africa:
Longevity Spinach
(*Gynuraa Procumbens*) is
unrelated to true spinach,
but is similar in flavor.



East Asia:
Okinawan spinach
(*G. Bicolor*) also
similar in flavor to
true spinach even
though it is an
unrelated species.



West Africa: Lagos
spinach (*Celosia
argentea*) is an
important food
crop. This is in the
same family as
true spinach.



India: Malabar or
Indian spinach
(*Basella alba*) is a
vining plant
eaten raw and
cooked.



Central America:
Chaya, or tree
spinach
(*Cnidoscolus
aconitifolius*),
needs to be
cooked for 15
minutes or longer
to be safely eaten.

Brazil: Sissoo spinach,
which is also called
Brazilian spinach
(*Alternanthera
sissoo*).
This variety is in the
same family as true
spinach.



Japan and Taiwan:
Komatsuna
(*Brassica rapa
variety perviridis*),
a hardy and leafy
vegetable.

