

Spinach

Spinach is a member of the chenopodiaceae family of plants.

Spinach is a green leafy vegetable that can have flat or curly leaves.

Spinach can be enjoyed raw in salads and wraps or cooked by steaming, sauteing, or even pureeing to add nutrients and flavor to dishes.

Spinach is known by many for its iron content. Our body absorbs this iron best when spinach is paired with something high in vitamin C such as citrus fruits.



Spinach grows best in Georgia's cool seasons from fall through spring.

Spinach can be a popular choice for Georgia's school gardens but can be challenging to grow commercially due to our warmer climate.

Many Georgia School Nutrition Programs serve spinach salads and other recipes with spinach. Ask your school nutrition director about which recipes are available in your area.



Georgia Department of Education School Nutrition