

KEWEENAW GROWN FOOD

SPINACH



PEAK SEASON

Early summer to early fall.

HOW TO SELECT & STORE

Choose fresh, crisp, dark green bunches with no evidence of insect damage. Avoid limp bunches with yellowing leaves. Fresh spinach should have a sweet smell.

Loosely wrap spinach in a damp paper towel.

Refrigerate in a plastic bag for use within three-to-five days.

HEALTH BENEFITS

Spinach is a good source of iron, folic acid, vitamin B6, nitrates, oxalates, beta-carotene and lutein.

Spinach is rich in many antioxidants; which studies have suggested have cancer preventative properties. Spinach may also reduce eyesight deterioration from macular degeneration and cataracts.

WAYS TO USE

Savory - Add into soups/stews for an extra nutrient boost. Sauté and add to scrambled eggs (add ham for green eggs & ham!). Consider adding spinach to a roasted root vegetable blend to reduce carbohydrate load. Try swapping 50% of basil leaves in a pesto recipe. Add spinach to sandwich in place of lettuce.

Sweet - Add into smoothies or puree boiled spinach and add to muffins or pancake batter.



PHFoundation

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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD