

# Spinach

- Spinach belongs to the goosefoot family along with beets and Swiss chard.
- Spinach ranks as one of the most nutrient-dense of all foods – high in vitamins A, C, K and folate, low in calories, fat-free and a good source of fiber. It's also important for maintaining healthy bones.
- Spinach grows quickly. It can be harvested and eaten after only 37 to 45 days!
- Look for spinach with dark green, crisp leaves. Avoid spinach with wilted, yellow or browned leaves.
- California is the largest spinach-