

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **spinach**



## Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

One cup of fresh spinach is an excellent source\* of vitamin A and vitamin K. One cup of fresh spinach makes about a ¼ cup of cooked spinach. A ½ cup of cooked spinach is an excellent source\* of vitamin A, vitamin K, and folate. It is also a good source\*\* of calcium, iron, potassium, vitamin C, and vitamin B<sub>6</sub>. Calcium is a mineral that works with vitamin D to help build strong bones and teeth.

\*Excellent sources provide at least 20% Daily Value.

\*\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Mix fresh spinach with sliced pears, raisins, and a light dressing for a tasty salad.



Add chopped fresh or frozen spinach to a hearty stew.



Sauté chopped mushrooms, onions, and garlic until soft. Add chopped spinach to the pan and sauté for 10 minutes. Spread the mixture on a square of pizza dough and sprinkle with Mozzarella cheese. Roll it up and bake at 350°F for 40 minutes. Dip slices in marinara sauce.



## Shopper's Tips

- Look for fresh spinach with loose leaves that are green and crisp.
- Wash and dry spinach immediately after you buy it.
- Put fresh spinach in an open plastic bag. Keep in the refrigerator for up to five days.

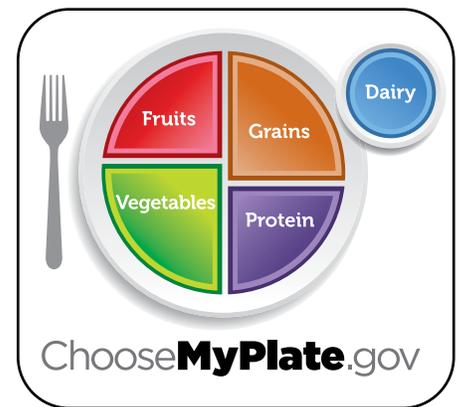
## Let's Get Physical!

Turn on your favorite music and get a workout while you clean your house.

## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:

[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)