



Spinach

How to Prepare

Spinach is a garden super star. It starts quickly and gives you delicious, tender, nutrient-rich baby leaves that you can enjoy early in the growing year. It then continues into the mid-season for large, flavourful, vibrant leaves that are great for a huge variety of meals.

Baby spinach is a favourite for salads, smoothies, and fresh-pressed juices, though the small tender greens can also be used for anything that mature leaves might be used in. Large, developed leaves are still great raw, but they're more often used in cooked applications.

Spinach is slightly delicate, and won't typically stay fresh longer than a week in your fridge. Fortunately, you can freeze excess spinach, puree it with garlic and olive oil and freeze it in ice cube trays, or cooked ahead of time for fast & easy lunches and dinners.

Try Using Spinach:

- In salads with strawberry;
- In soups, like Italian Wedding;
- In smoothies;
- In fresh-pressed juices;
- In Pasta Florentine or casseroles;
- In cream cheese & spinach dip;
- In stir fries or sautéés;
- In omelets or frittatas;
- In chickpea or lentil curries;
- As a substitute for lettuce;
- In turkey burgers;
- In Greek or Lebanese pies;
- In ramen, udon, or noodle bowls.

Nutrition Highlights

- High in vitamin A and C;
- High in calcium and iron;
- A good source of folic acid;
- A good source of dietary fiber;
- A source of vitamin B6.

Nutrition Facts

Serving Size 1 cup 30g (30 g)

Amount Per Serving

Calories 7 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 24mg 1%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 3%

Sugars 0g

Protein 1g

Vitamin A 56% • Vitamin C 14%

Calcium 3% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Green Smoothie

Ingredients

- 1 packed cup spinach (50g)
- 1 small ripe banana
- 1 cup milk, or your favourite dairy substitute
- ½ cup your favourite yogurt
- 1 cup ice

Instructions

Put all ingredients into a blender and blend until smooth

Add a cup of your favourite frozen fruit instead of ice for added flavour.

For an extra protein boost, add 2 tbsp of peanut butter, or a scoop of whey or vegan protein powder.

Get your kids involved by letting them choose add-ons to their smoothie like berries, fresh fruit, nut butters, or granola.

This smoothie can act as a great base for a whole variety of dietary supplements. Consider adding chia seeds, hemp hearts, wheatgrass powder, flax, or healthy oils to meet your specific dietary needs.