

SPINACH

February 2018



Popeye Was Right!

Spinach is packed with nutrients. Lutein, now included in a lot of vitamin supplements, is found in abundance in spinach. This is a nutrient that will help improve and promote eye health, preventing against macular degeneration later in life. Spinach is loaded with vitamin C and folate, which is important for pregnant women in reducing the risk of birth defects, along with heart disease and stroke for the general population.

How to Pick

When choosing spinach leaves, pick the most tender, brightest green leaves because they have the highest concentration of vitamin C.

Texas ranks second in U.S. production of spinach. Once grown on 40,000 acres, now 3,000 to 7,000 acres. In the Winter Garden area smooth-leaf varieties are grown and in the Lower Rio Grande Valley and High Plains, savoy or crinkled leaf varieties are grown.

