As a cool season crop, spinach grows very well in many parts of Oregon.

 Spinach is a delicious and healthy vegetable served raw or cooked!

Spinach is often eaten raw in salads, but is also often cooked like collard greens.

**Nutrients Found in Spinach**

- Spinach is an excellent source of vitamin A and vitamin K.
- Spinach is also a good source of folate and vitamin C.
- A half cup of cooked spinach is a good source of vitamin B6, riboflavin, calcium, iron, and potassium!

In the 1920s, the Popeye the Sailorman cartoon became a great promoter for spinach in the United States.

Spinach was first cultivated over 2,000 years ago in Iran.

Oregon Spinach Grown for Schools

Spinach is native to central and southwestern Asia.