Spinach

Eat More Arizona Grown Spinach

Nutrients Found in Spinach

Iron	Helps give you energy to feel good and stay healthy
Calcium	Helps form bones and teeth and keeps them strong
Vitamin K	Plays a role in bone and blood health

Healthy Harvest for Arizona Schools

Make half your plate vegetables and fruits.

Spinach is one of the top vegetables grown in Arizona. Most recently, spinach was harvested from 7,200 acres. That is over 136 million pounds of spinach!

Choose fresh, crisp, green leaves of spinach that are free from damage or spots.

Spinach Stuffed Red Bell Peppers

Arizona Grown vegetables and fruits taste best and cost less when purchased in season.