



SPINACH

Eat More Arizona Grown Spinach

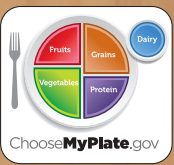
Nutrients Found in Spinach

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



HARVEST OF THE SEASON

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.



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