



Pick it! Try it! Like it!

SPINACH

Pick it!

Should have fresh, green leaves; not limp, damaged or spotted.

Leaves should be dull green on top and bright green on the underside.

Available all year round.

Select green, crisp leaves with fresh fragrance. Avoid limp, damaged or spotted leaves.

Dry and pack fresh spinach loosely in a plastic bag and store in the refrigerator crisper; lasts 3-4 days.

Try it!

Use cooked or raw in salads and sandwiches.

Can be steamed, boiled, microwaved, sautéed, or stir fried.

Add to soups, lasagna or other vegetable dishes.

Tear off the stem and separate the leaves.

Place leaves in a large bowl of water; let sand drift to the bottom of the water and remove the leaves by lifting them out. Repeat until leaves are clean.

Blot with paper towels to dry if eating raw.



Smooth Leaf

- Flat and smooth, easy to clean
- Picked young as baby spinach for salads



Semi-Savory

- Leaves are crinkled with some texture
- Not as difficult to clean as savory



Savory

- Dark green, crinkled, curly
- Sold in fresh bunches for salads

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Chef Jesse's Winter Spinach Salad



Chef Jesse has been in the culinary industry for over two decades. For the past year and a half, he has worked at Josiah's, where he enjoys the freedom to create meals with clean taste, which means using fresh ingredients and subtle seasoning. His philosophy is to let the ingredients stand for themselves. Josiah's Coffeehouse & Café is owned and operated by Steve Hildebrand and specializes in coffees and teas that aren't bitter, and sport a full breakfast and lunch menu along with a made-from-scratch bakery.

Salad Ingredients

- 6 cups whole baby spinach
- 2 ea red or green apples
- 1 cup chopped walnuts
- 1/3 cup crumbled feta cheese
- 1/3 cup pomegranate seeds (opt.)
- 1/4 ea sliced red onion

Dressing Ingredients

- 1 cup apple juice
- 4 tbsp vinegar (apple cider pref.)
- 2 tbsp honey
- 1/4 cup olive oil

Salad Directions

1. Core and chop the apples into thin slices.
2. Toss lettuce, apples, walnuts, feta, and pomegranate together in a large bowl.
3. Mix together first three ingredients in the dressing with salt and pepper to taste.
4. Slowly add olive oil while whisking.
5. Continue until dressing has fully mixed.

Toss salad with dressing right before serving.



Preparation time: 15 min

Smoothie Ingredients

- 2 oz fresh or frozen spinach
- 4 oz frozen mango
- 4 oz fresh, frozen, or canned pineapple
- 1 tbsp ground flax seed (opt.)
- 4 oz cold water

Blend until desired consistency is reached.



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