

# Harvest of the Month



## Did you Know?

SNAP, formerly known as food stamps, is welcome at Skagit Farmers Markets. Get MORE fruits and vegetables when you shop with your EBT card. Just go to the market booth with the green flag and ask about Double Up Bucks.



To find a market nearest you, visit: [www.svfmcoalition.org](http://www.svfmcoalition.org)



## Health and Learning Successes Go Hand-in-Hand

Studies show that children who eat breakfast do better in school and are more alert. It is important your child eats healthy and gets at least 60 minutes of physical activity every day. Use Harvest of the Month to explore, taste, and learn about eating more fruits and vegetables and being active.



The *Harvest of the Month* featured fruit is **Spinach**

### Nutrition Facts

Serving Size: 1 cup fresh spinach (30g)	
Calories 6      Calories from Fat 0	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 4%

### Reasons to Eat Spinach

A 1/2 cup of cooked spinach provides:

- An excellent source of Vitamin A, Vitamin K, folate, and magnesium.
- A good source of Vitamin C, Vitamin B<sub>6</sub>, calcium, iron, potassium, and riboflavin.
- Vitamin K helps stop cuts and scrapes from bleeding too much and helps the healing process. Vitamin K works with calcium to help build strong bones!

### How Much Do I Need?

- One cup of fresh spinach is about two cupped handfuls. This is also about the same as 1/4 cup of cooked spinach. (Spinach shrinks a lot when cooked!)
- One cup of fresh spinach is an excellent source of Vitamin A and Vitamin K.

\*Most fresh and cooked vegetable portions are equivalent in size (i.e. a 1/2 cup fresh equals 1/2 cup when cooked). Spinach is unique in that the fresh and cooked forms vary in size.



The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Spinach is available fresh, frozen, and canned—and all forms count toward your daily amount of vegetables. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



\*Adapted from: *Harvest of the Month: Network for a Healthy California. Campaign, 2011.*

Family newsletters can be found at: <http://harvestofthemonth.cdph.ca.gov/Pages/Downloads.aspx>

## Shopper's Tips

- Spinach can be found loose or bagged.
- Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
- Store fresh spinach in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.
- Spinach can also be found called or frozen. They are nutritious too! Choose low-sodium varieties.



## Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball, or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust, or vacuum.

For more ideas, visit: [www.bam.gov](http://www.bam.gov)



### HERE ARE SOME EASY WAYS TO ADD SPINACH INTO YOUR DIET:



Add chopped frozen spinach to lasagna, casseroles, and soups.



Stir-fry fresh, canned, or frozen spinach. Add garlic, onion, chopped bell peppers, carrots, or other favorite veggies for a colorful side dish.



Use fresh spinach on sandwiches instead of lettuce.

## Spinach Raisin Salad

This is a great after-school snack that kids can help prepare.

*Yield: 6 servings at 1/4 cup each*

### Ingredients:

- \* 1 1/2 oz. raw spinach, washed and dried
- \* 1/8 cup raisins
- \* 1 Tablespoon light balsamic vinaigrette

### Directions:

- \* Combine spinach, raisins, and vinaigrette in a bowl. Mix well.
- \* Place 1/4 cup of salad on a plate. Serve immediately or chilled.

*Nutrition information per serving:* Calories 13, Carbohydrate 3 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 23 mg

**LEAFY \* CRISP \* DELICIOUS \* GREEN \* FRESH \* HARDY \* HEALTHY \* YUMMY**

WSU extension programs and employment are available to all without discrimination. Evidence of noncompliance may be re-reported through your local WSU Extension Office. This material was funded in part by USDA's Supplemental Nutrition Assistance Program. S.N.A.P. provides nutrition assistance to people with low income; it can help you buy nutritious food for a better diet. To find out more, contact <http://foodhelp.wa.gov> or Basic Food Program at 1-877-501-2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or [vdekok@wsu.edu](mailto:vdekok@wsu.edu) at least two weeks prior to the event.



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