

HARVEST

{Of the Month}



SPINACH

Fast Facts

- ✓ Spinach is filled with **iron, vitamin A, vitamin C, and calcium**. Spinach is also a **cool-season crop** which means it prefers cooler temperatures.
- ✓ Spinach has long been thought to be linked to prosperity. **Eat spinach and increase your chances of making more money!**
- ✓ **Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat daily.** Try adding spinach to sandwiches or tacos instead of lettuce. Share with us on social media your creation using the **#MDKidsEatLocal!**

Availability

APRIL - JUNE

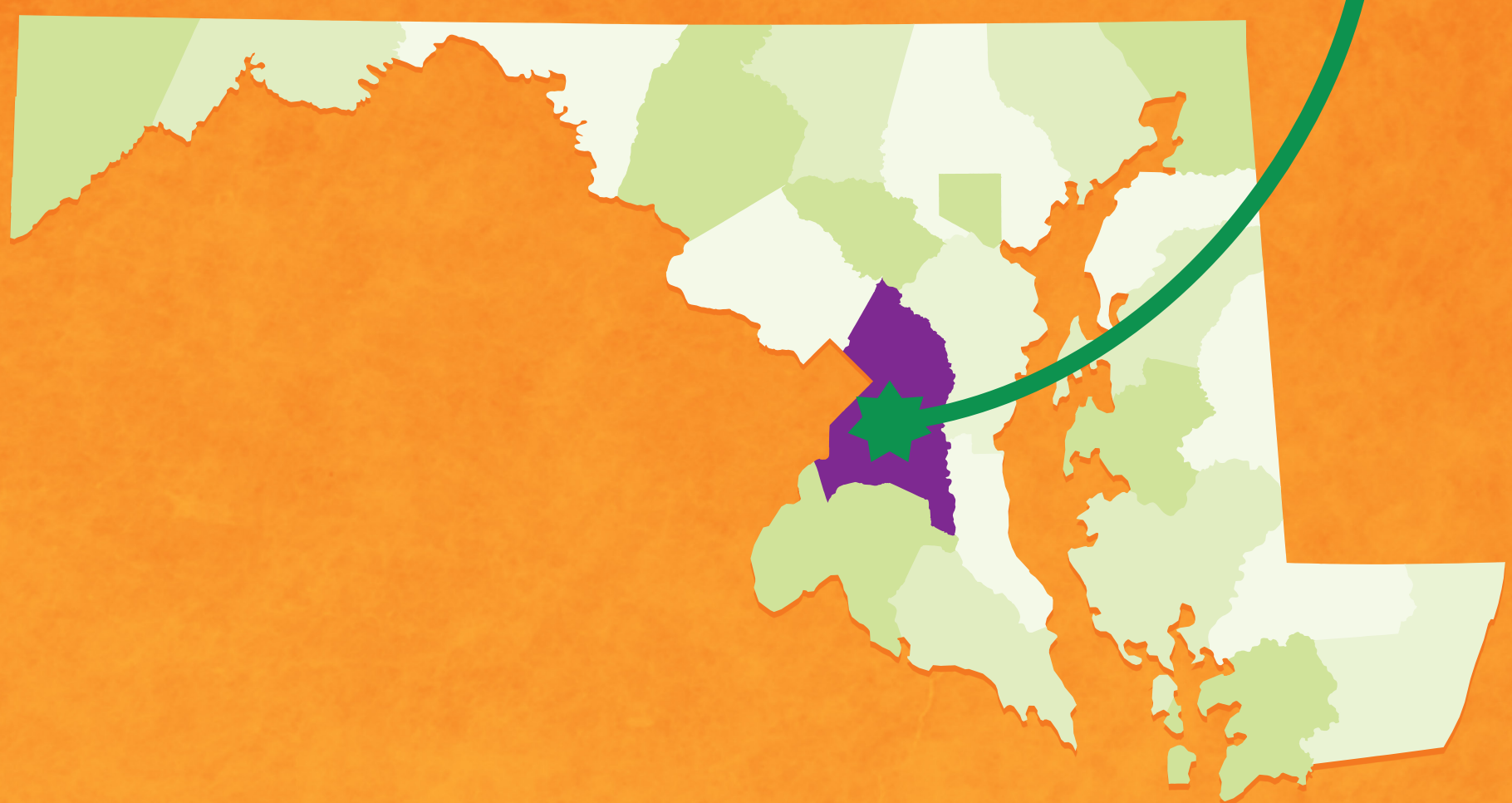
SEPTEMBER - DECEMBER



Featured Farm

MILLER FARMS
PRINCE GEORGE'S COUNTY

Miller Farms is a 267-acre farm that has been family-owned and operated for six generations since 1840. Miller Farms is widely known for its farm market and wholesale operation. Miller Farms grows a wide variety of fresh fruits and crisp vegetables. You may even see their produce in school lunches!



MARYLAND DEPARTMENT OF AGRICULTURE
This product was funded by USDA. This institution is an equal opportunity provider.



#MDKidsEatLocal