

WAUWATOSA HARVEST OF THE MONTH

-JANUARY- SPINACH



HEALTHY SERVING IDEAS

Serve in Soup

Bake into egg dishes

Serve in salad with
feta cheese and
strawberries

Use in vegetable
lasagna

Make green smoothies



HEALTH BENEFITS

Loaded with
Vitamins A, C and K,
as well as folate,
iron, and other
essential minerals.

Benefits eye
health, reduces
oxidative stress,
helps prevent
cancer and reduce
blood pressure
levels.



SHOPPER'S TIPS

Spinach is widely
available through
the colder months.

Although it is one
of the healthiest
foods, it is
consistently ranked
high on the list of
the most pesticide-
laden fruits and
vegetables. Buy
organic when
possible