

Spinach



Selecting

The four basic types of spinach are Savoy, Flat, Semi-Savoy, and Baby.

Savoy has dark green, crinkly and curly leaves, and is the type sold in fresh bunches or pre-washed bags.

Flat- or smooth-leaf spinach has broad, smooth leaves that are easier to clean than Savoy. This type is often grown for canned and frozen spinach, as well as soups, baby foods, and processed foods.

Semi-savoy is a hybrid variety of flat-leaf and Savoy, with slightly crinkled leaves. It has the same texture as Savoy, but it is not as difficult to clean.

Baby spinach is of the flat leaf variety and is usually no more than 3 inches (7.5 cm) long.

Spinach should have crisp leaves with a dark green colour. Avoid spinach that is wilted or yellowed. Spinach is available in bunches, plastic containers, bags, frozen or canned.

Storing

If you purchased spinach in a bunch, remove any rubber bands or twist ties before storing. Wrap loosely in paper towel and store in a perforated plastic bag. Spinach purchased in a plastic container or bag can be stored as purchased.

Preparing

Spinach will need to be washed well. Packaged spinach is usually prewashed but it is still best to wash it again. Fill a bowl with cold water; swish the leaves around until clean. This may have to be done a couple of times to ensure that all of the sand is removed, especially with Savoy spinach.

If the spinach stalks are thick, best to remove before using.

Eating

Spinach is delicious in a salad but just as good added to a casserole. Don't be surprised when you're cooking spinach! Due to its high water content it shrinks quite

a bit. A pound of fresh spinach will shrink down to about a cup (250 mL) cooked. Before adding the cooked spinach to a dish, it is best to squeeze out as much of the water as you can.

Seasonality

Spinach is in season from May to October, but is available in-store all year round.

Nutrition

A cup of spinach has 7 calories. It is a good source of Vitamin A, is extremely high in Beta-carotene and Vitamin K, and is high in folate.



A very versatile recipe that can be used for breakfast, lunch or dinner -Egg and Spinach Pizza

www.halfyourplate.ca/recipe/egg-and-spinach-pizza/

