

## **Spinach Information**

Among the World's Healthiest vegetables, spinach comes out at the top for nutrient richness. Rich in vitamins and minerals, it is also concentrated in health-promoting powerful antioxidant protection. Enjoy baby spinach in salads or make a salad exclusively of baby spinach

Spinach should be washed very well since the leaves and stems tend to collect sand and soil. Before washing, trim off the roots and separate the leaves. Place the spinach in a large bowl of tepid water and swish the leaves around with your hands as this will allow any dirt to become dislodged. Remove the leaves from the water, empty the bowl, refill with clean water and repeat this process until no dirt remains in the water. Do not leave spinach soaking in the water.

Spinach sold in bags has been pre-washed and only needs to be rinsed thoroughly. If using it in a salad, dry it using a salad spinner or by shaking it in a colander.