

# JERSEY TASTES! ACTIVITY SHEETS

## Spectacular Spinach



### ACTIVITIES:



Pre-K: Reading Sylvia's Spinach or  
Coloring Spinach

Lower Elem: Grow it, Try it, Like it  
Spinach Lane

Upper Elem: FFVP Spinach Activity Pages

Middle: Spinach DNA Extraction

HS: Modelling Photosynthesis

### FUN FACTS:

- Spinach originated in Persia, today you know it as Iran!
- China produces about 90% of the world's Spinach.

### NUTRITION FACTS:

Spinach is a rich source of vitamin K which strengthens your bones. and high in Vitamin A which is good for growth of body tissues, hair and skin.

## ALL ABOUT NEW JERSEY!

Spinach is a cool season crop; it grows in the spring and fall in New Jersey- April- June and September-November.



### HOW DOES IT GROW:

Spinach likes to be direct seeded into the ground and it grows into a leafy green which is the part of the plant we eat. Spinach loves the cooler weather and if it lives through a frost the legend is that it actually becomes sweeter! Here are some tips on growing spinach.

### RECIPES:



#### Spinach & Blueberry Smoothie:

4 ice cubes, 1 cup spinach,  
1 cup blueberries, 1 Tbsp. pumpkin seeds,  
1 cup sweetened vanilla almond milk,  
blend and enjoy!



#### Fresh Spinach Salad with Honey Citrus Dressing:

2 cups of spinach & 5 sliced strawberries  
Dressing: ½ cups olive oil, 2 Tbsp. lemon  
juice, 2 tsp. honey, 1 tsp salt, &  
1 tsp pepper

#### Rainbow Wrap:

1 flour tortilla, 1 oz. of cream cheese,  
½ cup sliced red bell pepper,  
½ cup shredded red cabbage,  
½ cup baby spinach, & ½ cup sliced  
carrots

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