

Notes on Spinach

The subtle flavor and lush green color make spinach an extremely versatile vegetable. Use it for salads, added it to quiche, serve it as a side dish, layer it on sandwiches and wraps. Spinach is an excellent source of vitamin A, C, K, and Folate. To keep your spinach fresh store it unwashed in a plastic bag and in the crisper for up to 5 days.



Simple Ideas for Spinach

- Make a quick meal by heating olive oil, add garlic, and toast. Toss in cooked pasta and fresh spinach. Top with cheese and serve.
- Shred fresh spinach and add it to an omelet.
- Add fresh spinach to your favorite soup or salad.
- Have fun with food by wrapping meat, cheese, or other fillings with large spinach leaves.

Spinach, Strawberry, Goat Cheese and Pecan Salad

Recipe by Heidi L. Thompson, Thompson's Painted Hill Farm

- 6 cups Fresh Spinach, washed
- 2 cups Strawberries, cleaned and quartered
- 1 cup Crumbled Goat Cheese
- 1 cup Pecans, Chopped
- ½ cup Organic Mayo
- ¼ cup Organic Milk
- ¼ cup Honey
- 1/8 cup Organic Apple Cider Vinegar

Divide first four ingredients into four salad bowls. Combine remaining ingredients in small mixing bowl and whisk until sugar is dissolved. Pour equally over salads. Serve.

Spinach Frittata

Recipe by Janice Guldan, Guldan Family Farm

- 2 tbsp Oil
- 1 to 2 cups Spinach leaves, chopped
- 4 eggs Eggs
- ¼ cup milk Milk
- ¼ tsp Seasoned Salt
- ¼ tsp Garlic Powder
- 1 ounce Feta Cheese Crumbled

In a 7-inch oven safe pan, sauté the spinach leaves in the oil until tender. Beat together the remaining ingredients except the cheese and pour over the spinach. Sprinkle the cheese evenly over the mixture. Cover and cook over low-medium heat for 5 minutes or until the eggs are firm except on top. Take off the cover and finish under the broiler for a couple minutes to cook the top. If you're talented, you can flip the frittata in the pan and finish the cooking on the stove top rather than broiling. If desired, you can sauté onions with the spinach or try bleu cheese or Swiss. Serves 2 to 3.