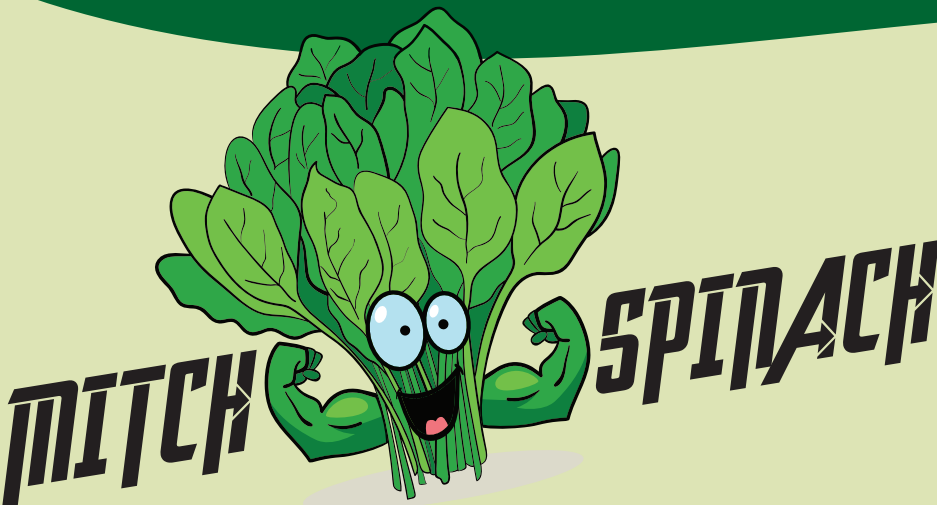


# did you know?

- ◆ Spinach belongs to the group of annual plants, which mean that it completes its life cycle in one year.
- ◆ The creator of the comic strip character, Popeye, was a vegetarian and as a way of promoting the benefits of vegetables, he boosted his character's strength with spinach
- ◆ Spinach is an easy crop to grow in the garden. It does not grow well in hot weather, but grows best during cool, rainy spring weather.
- ◆ We know cucumbers are almost entirely water, but did you know spinach is also mostly water? Raw spinach is 91% water, which is just 5% less than cucumbers.



## WHY IS SPINACH GOOD FOR BUILDING STRONG BONES?

SOME DARK GREEN LEAFY VEGETABLES, LIKE KALE, COLLARD GREENS AND SPINACH, CONTAIN CALCIUM. YOUR BODY USES CALCIUM TO BUILD STRONG BONES.

## JOKE

We don't have any spinach jokes....  
So if you do, lettuce know!

### RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

**GREEN MONSTER SMOOTHIE**  
 1 CUP MILK OF CHOICE  
 ¾ CUP SPINACH  
 1 BANANA – FRESH OR FROZEN  
 ½ CUP ICE  
 2 TBSP PEANUT BUTTER (OPTIONAL)  
**DIRECTIONS:** Blend all ingredients together and enjoy!