



Spinach

Spinach is one of the crops, like carrots and tomatoes, that really shows off soil health through flavor. Yes, this spinach is AMAZING and is probably unlike any other spinach you have had before. The flavor, the texture, and the remarkable shelf life are unparalleled.

STORAGE

Don't be surprised if this spinach will last two weeks in a plastic bag in your fridge!

PREP

Wahoo! Spinach Salad! Also, this spinach is so delicious it's an excellent, almost sweet, addition to a green smoothie.

SAUTE ~ STEAM ~ STIR-FRY

Spinach is such an easy addition to almost any dish with cooked greens. It's so mild and almost sweet when cooked. What isn't good with a little, or a lot, of cooked spinach?

LITTLE EXTRA

Store extra cooked spinach in a plastic bag in the freezer for a quick addition to a smoothie, stir-fry, soup, or casserole.

BATCH FREEZING

Every year that I don't put up some spinach in the freezer I really regret it. Partially because it's just so easy to do. In a large pan wilt spinach, run under cold water, chop and freeze in one gallon plastic bags for easy winter cooking.

CROP AVAILABILITY

April -June and late Sept/Oct.

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