

Harvest of the Month



Network for a Healthy California
Spring

The **Harvest of the Month** featured vegetable is **spinach**



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy and may prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

One cup of spinach is an excellent source of vitamin A and vitamin K. Vitamin A helps keep your skin and eyesight healthy. Vitamin K helps your body stop cuts and scrapes from bleeding. One cup of spinach is also a good source of folate, which helps lower a woman's risk of having a child with certain birth defects.

Healthy Serving Ideas

Toss spinach with pears, raisins, and a light dressing for a great salad.



Add chopped spinach to a hearty stew.



Sauté chopped mushrooms, onions, and garlic until soft. Add chopped spinach to the pan and sauté for 10 minutes. Spread the mixture on a square of pizza dough and sprinkle with mozzarella cheese. Roll it up and bake at 350°F for 40 minutes. Dip slices in a marinara sauce.



Shopper's Tips

- Choose spinach leaves that are green and crisp.
- Store the leaves loosely in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.

Let's Get Physical!

It's spring cleaning time! Turn on your favorite music and get a workout while you clean your house.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with meals and snacks throughout the day to reach your total daily needs.

Recommended Daily Amount of Fruits and Vegetables

	Kids Ages 5-12	Teens and Adults Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

For more recipes and tips, visit:
www.cachampionsforchange.net

