

Harvest of the Month



Network for a Healthy California

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, feel good, and may lower the risk of 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 maintain good vision, fight infection, and keep skin healthy. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process. One cup of spinach is also a source of folate, which helps the body make healthy red blood cells and 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 all your 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

