



Let's learn about:

SPINACH

- > **Raw spinach is 91% water.**
- > **Spinach is one of the richest natural sources of quercetin, an antioxidant that is thought to ward off infection and inflammation.**
- > **Spinach comes in 3 varieties: savoy, semi savoy, and flat-leaf.**
- > **Sandy soil is best for growing spinach.**
- > **Even though they look very different, spinach is related to beets!**

