

# HARVEST

## {Of the Month}



SPINACH

### Fast Facts

- ✓ Spinach is filled with **iron, vitamin A, vitamin C, and calcium**. Spinach is also a **cool-season crop** which means it prefers cooler temperatures.
- ✓ Spinach has long been thought to be linked to prosperity. **Eat spinach and increase your chances of making more money!**
- ✓ **Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat daily.** Try adding spinach to sandwiches or tacos instead of lettuce. Share with us on social media your creation using the **#MDKidsEatLocal!**

### Availability

APRIL - JUNE

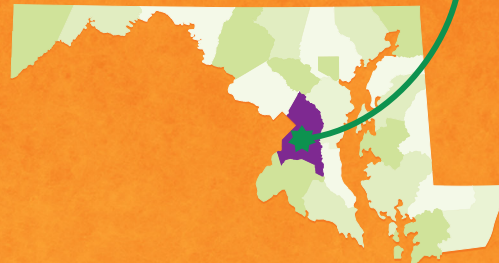
SEPTEMBER - DECEMBER



### Featured Farm

**MILLER FARMS**  
**PRINCE GEORGE'S COUNTY**

Miller Farms is a 267-acre farm that has been family-owned and operated for six generations since 1840. Miller Farms is widely known for its farm market and wholesale operation. Miller Farms grows a wide variety of fresh fruits and crisp vegetables. You may even see their produce in school lunches!



MARYLAND DEPARTMENT OF AGRICULTURE  
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