

Spinach

Spinach is rich in iron, fibre and vitamins A and C, helping to support energy, immunity and overall wellbeing.

Delicious in curries, soups, smoothies or simply wilted into everyday meals.

Store:

- While its shelf-life is shorter than most vegetables, it can be prolonged by storing it in a paper bag and in the salad drawer of your fridge
- A breathable container like a perforated plastic bag is also ideal for storage
- Make sure they do not get crushed by heavier items
- Stored correctly, it can last for up to 7 days, while baby spinach last for up to 10 to 12.

Freeze:

- Although generally advised to consume fresh, spinach can be frozen.
- In this case, it is better to use it later on in hot dishes rather than at room temperature.
- Wash in cool water and rinse in colander to remove any debris
- Dry thoroughly in a salad spinner, especially if frozen raw and unblanched
- Pack tightly in freezer bags
- Blanched and Puree are two other options

Fun Fact: Popeye's Adoration for Spinach led to a 33% increase in consumption in the U.S.A during the 1930's!



Video Links