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!

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!

Availability
APRIL – JUNE
SEPTEMBER – DECEMBER

MARYLAND DEPARTMENT OF AGRICULTURE
This product was funded by USDA. This institution is an equal opportunity provider.

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