



The Geneva School

2025 State Road 436, Winter Park, FL 32792

407-332-6363

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## SPINACH

Today students in grades 1-6 had a chance to taste spinach, including spinach salad and a green smoothie.



Spinach always tops any superfoods list, as it is packed with so many nutrients that are important for good health.

Rich in Vitamin K, calcium, and magnesium, spinach helps to strengthen bones. Unusual amounts of unique micronutrients play an important role in regulating inflammation and protecting against memory loss. High in vitamins A & C, spinach is rich in antioxidants that decrease the risk of atherosclerosis and high blood pressure which reduce the risk of heart disease, while also preventing macular degeneration and protecting against lung, colon, and breast cancers.

Dark green spinach leaves come in several varieties, including savoy with large, crisp, curly leaves, smooth-leaf with unwrinkled, spade shaped leaves, and baby spinach with small, flat leaves. Eat spinach fresh or frozen, as many of the nutrients are lost in can processing.

There are lots of ways to add spinach to boost the nutritional value of foods your family already eats. Add chopped leaves to lasagna, soups or omelettes. Add fresh leaves to sandwiches instead of lettuce. Saute fresh leaves with a little olive oil, garlic, and salt for five minutes for a quick and easy dinner side dish.

### Mrs. Jones' Green Smoothie

- 2 cups of fresh spinach (you can substitute greens, like kale, chard, or collards)
- 1 cup frozen pineapple (you can substitute any frozen fruit variety, or use fresh fruit with a few ice cubes)
- 1 banana (you can use fresh or frozen)
- 1/2 - 3/4 cup pineapple juice (you can use any 100% juice or juice blend)

- Place fresh greens, frozen fruit, banana, and juice in a blender
- Blend until smooth, about 1-2 minutes

Serves 2 one cup servings

### Spinach Salad

Fresh spinach leaves, washed and dry, about 1 cup per person  
Berry vinaigrette salad dressing  
Feta cheese crumbles

- Place spinach leaves in a bowl
- Toss with salad dressing
- Add feta cheese crumbles and toss again

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.