



CWD Healthy Update

CWD Nutrition
Services Department

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October is National Spinach Month

According to the USDA, American's consumption of spinach is on the increase. Per capita spinach consumption in 2014 was 2.8 pounds per person.. According to the Agriculture Marketing Resource Center, spinach ranks 11th on the more popular vegetable list.

Spinach is often served raw as a salad ingredient. It can also be found as a side dish or used as an ingredient in omelets, quiches, lasagna, and soups.

Primitive forms of spinach have been found in Nepal. Early Muslim conquests spread spinach throughout the Muslim world by the eleventh



century.

Spinach is a rich source of iron and calcium. It is also a good source of antioxidants and many

vitamins and minerals.

When purchasing fresh spinach, allow 1/4 to 1/2 pound per person for cooked spinach and about 1/4 pound per person if you are serving it raw.

Fresh spinach should be stored at 32°F; 95-100% RH. Shelf life is 10-14 days. Spinach is ethylene sensitive and moderately susceptible to freezing injury.

The Packer & USDA.



October Celebrations!

- National Apple Month
- National Pork Month
- National Spinach Month
- National Seafood Month
- National Pasta Month
- National Popcorn Month
- National Cranberry Month

Weekly Produce Update

Avocados—Mexican supplies are increasing.

Broccoli—quality is average & pricing on the rise.

Carrots—heat is impacting quality and supply.

Cauliflower—prices are higher & quality issues are showing up.

Green Onions—prices are up & quality a concern.

Lettuce—we are in a supply gap & supplies are

limited.

Tomatoes—ProMark is still waiting on damage reports due to the hurricanes from Florida as well as Puerto Rico

Strawberries—supplies improving

