



"I'm strong to the finish,  
'Cause I eat my spinach.  
I'm Popeye the Sailor Man!"

~Popeye~

## Spinach

Spinach is thought to have come from the area of North Africa and Southwestern Asia. It was brought to the Mediterranean area by the 8<sup>th</sup> century by Arabs. They also were able to create sophisticated irrigation techniques, which helped to grow this cool weather crop in a much hotter climate. Spinach continued to be brought to nearby areas for the next few hundred years.

The Arabs brought spinach to Spain in the 11<sup>th</sup> century when the Moors invaded Spain. It wasn't until the early 1300's that it is thought that spinach finally made it to Italy. It then became a staple of Italian food. By the 16<sup>th</sup> century, spinach was known and eaten in England. Colonists coming to America, brought spinach with them and by 1806 there were three types of spinach being grown in America.

There are a lot of health benefits to spinach, some of which are described in the image below. It is also really tasty. Enjoy!

### BENEFITS OF SPINACH

- Anti-Inflammatory Properties
- Aids Digestion
- Promotes Cardiovascular Health
- Boosts Immune System
- Low Calorie!
- Great Source of Fiber
- Loaded with Nutrients
- Prevents Constipation
- Keeps Skin Healthy
- Anti-Aging Benefits
- Lowers Blood Pressure
- Strengthens the Eyes
- Reduces Cancer Risk
- Enhances Bone Strength



## This week's CSA share contains:

- Kale
- Delicata Squash
- Acorn Squash
- Purple Top Turnips
- Spinach
- Krimzon Lee Peppers
- Sweet Potatoes
- Oakleaf Lettuce head
- Rainbow Carrots



Here is a recipe that incorporates turnip, sweet potatoes, krimzon lee pepper, spinach, kale, and delicata squash from this weeks CSA share!

## Sweet Potato and Spinach Hash

Total Time: 30-40 mins.

Servings: 2-4



### Ingredients

1 turnip, peeled and chopped  
1 onion, chopped  
¼ cup goat cheese crumbles  
2 tsp. paprika  
salt and pepper to taste  
½ bunch of kale, chopped

1-2 sweet potatoes, chopped  
1 Tbsp. Coconut oil  
3-4 eggs  
1 Krimzon Lee pepper, deseeded, chopped  
1/3 lb. spinach, chopped  
1 delicata squash, peeled, chopped

### Preparation

1. Place a skillet with coconut oil in it on medium heat. Put onions in and cook for just a few minutes until translucent. Then add the turnip, delicata squash and sweet potatoes. Cook for about 10 minutes, stirring occasionally, until they are soft. Sometimes adding a little bit of water will help them cook faster.
2. Add the spinach, kale, salt, pepper, paprika, and krimzon lee pepper. Cook for a few more minutes until spinach and chard are wilted.
3. Crack 4 eggs on top of the hash. Cook until the whites are solidified and opaque, but the yokes are still soft.
4. Sprinkle with goat cheese.