

Spinach

Nebraska Seasonal Produce Guide



EXTENSION
Health & Wellbeing

Spinach can be enjoyed raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed, or stir-fried. Try adding spinach to soups, wraps, lasagna, or other vegetable dishes.

Why Should I Eat This?

Spinach is high in vitamin A, which helps keep eyes and skin healthy and helps to protect against infections. Spinach is also high in vitamin C, which helps heal cuts and wounds. It is a good source of iron, which is important for helping blood cells move oxygen through the body.



Proper Storage

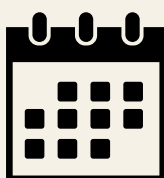
Loosely wrap spinach in a damp paper towel and place in a plastic bag. Refrigerate for up to 5 days. When ready to use, gently rub under cold running water and dry with a paper towel.

How Could I Use This?

- Add spinach to other stir-fry vegetables like bell peppers, broccoli, and snap peas
- Make an omelet with spinach
- Try baked spinach, cheese, and onion stuffed chicken breasts
- Add to a smoothie

Make a Good Selection

Spinach should have fresh green leaves. Avoid if the leaves are limp, damaged, or spotted. Leaves should be dull green on top and bright green on the underside.



Seasonal Availability in Nebraska

Harvest Season: March through October

Market Availability: May through October



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