



What's in Season

eat spinach

The distinctive, slightly bitter/metallic flavour of spinach makes it something of a 'love it or hate it' food. Spinach is available year-round, but the freshest, tenderest spinach is most easily obtainable in the spring.

Nutrition

Spinach is well known for its nutritional qualities. Although it does contain high levels of iron and calcium, the presence of oxalic acid binds these minerals in a form that cannot be absorbed by the body.

But spinach IS very good for you. Vitamins A and C are present in significant amounts, as are several antioxidants and folic acid.

Buying

Spinach has a high water content and so reduces to around a quarter of its size when cooked. Buy lots. Pick dark green, thin-stemmed leaves with no signs of wilting or yellowing.

Storing

Keep in a plastic bag in the fridge for three to four days.

Preparing

Give leaves a good wash in a sinkful of lukewarm water to remove any traces of grit (if bought from a farmers' market) or chemicals (if bought from a supermarket), changing the water two or three times. Drain, or dry in a salad spinner if the leaves are to be eaten raw. Cut out any thick stems.

Spinach can be steamed in the water clinging to the leaves after washing. Give them 5 to 10 minutes in a large saucepan. Sauteeing and microwaving are also good cooking methods.

Raw spinach is excellent in salads and, like watercress, has a natural affinity with bacon. Spinach also pairs beautifully with smoked haddock and with cheese, especially feta.

Thanks to www.eattheseasons.co.uk for information supplied.

**CHERRY GARDENS
ORGANIC FARM SHOP**

for organic & biodynamic:

fresh fruit & vegetables
dairy, eggs & meat
dried goods, juices and honey
cakes & ice-cream

PYO fruit & vegetables
in season

Open Tuesday to Saturday
10am - 6pm

Cherry Gardens Farm, Cherry Gardens Hill,
Groombridge, TN3 9NY
located on B2188 between Groombridge & Crowborough
info@cherrygardensfarm.co.uk
01892 862307