

Spinach



Spinach is a great source of Vitamin C, E, B6, magnesium and potassium. It also contains dietary fibre.



The seeds of spinach are small and round. They can be found inside the flower of the spinach plant.

Spinach is grown locally in Hawaii all year round.



Just like lettuce, spinach plants grow on the ground. They have leaves that look like big green teardrops.