



DECEMBER 2017

MON

TUE

WED

THUR

FRI

Special
Announcements

Good
Eats at:

12.25

Christmas Day

+200

+100

+50

4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29



Fun facts
on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



SPINACH

Hi there. My name is Sasha and I'm one of the most famous members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make me famous. We won't actually make you super-strong like Popeye, but we do have good things for your skin, eyes, and healthy functioning of the body like lots of vitamins A and K. Texas is ranked second in the country for growing spinach. I have flat, smooth leaves but my brother Savoy has dark green, curly leaves. We can taste great raw in a salad or on a sandwich or cooked or steamed in sauces.



Quick LIFE!

We are fast growers and become full-grown in about six to eight weeks from the time we are planted. Farmers pick us when we have about 10–12 leaves by pulling us right out of the ground.

Letter SCRAMBLE snpiahc eevlsa

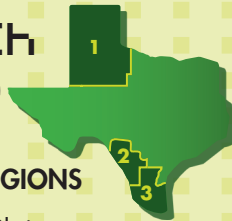
FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.

Launch PAD

SPINACH GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley



Joke of the MONTH

Q: Why are spinach leaves never lonely?

A: Because they come in bunches.



Exercise for the FUN OF IT!

In addition to eating vegetables like spinach, exercising and playing are important to your health. When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!