



TEXAS FARM BUREAU®



Spinach

ACTIVITY BOOK

This book belongs to:

Spinach

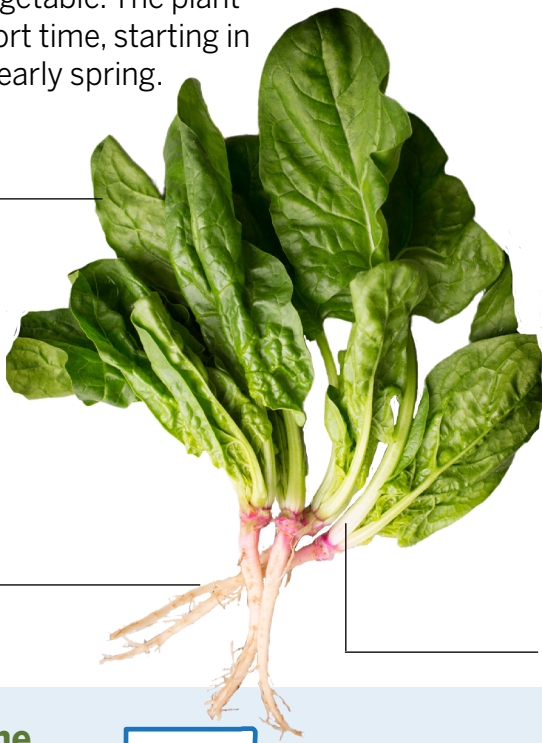
Spinach is a leafy green vegetable. The plant grows many leaves in a short time, starting in late fall and going into the early spring.

**LABEL
ME!**

Petiole—the part that attaches the leaf to the stem

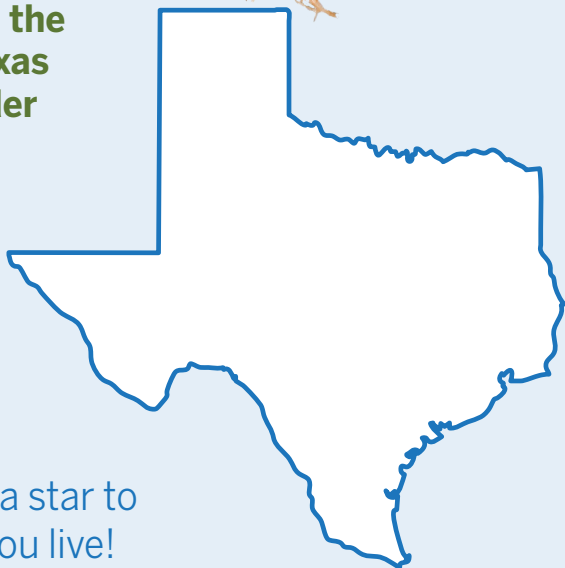
Roots—the part that grows under the soil to collect water

Leaf—the green part that makes food



Spinach is grown in the southern part of Texas because of the milder climate.

Color in the southern region of the state.



Bonus: Draw a star to mark where you live!

Grow YOUR OWN SPINACH



Make Your Choices Below:

1. Plant a Seed

Plant the seeds in fertile soil and keep moisture levels consistent.



☐ Small Garden



☐ Large Field

2. Harvest

After the spinach sprouts, harvest the spinach starting with the larger outer leaves.



☐ Hand Tools



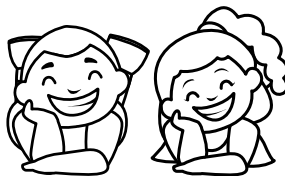
☐ Spinach Harvester

3. Sort and Pack

The spinach is ready to be hand sorted, washed, and enjoyed!



☐ Eat by yourself



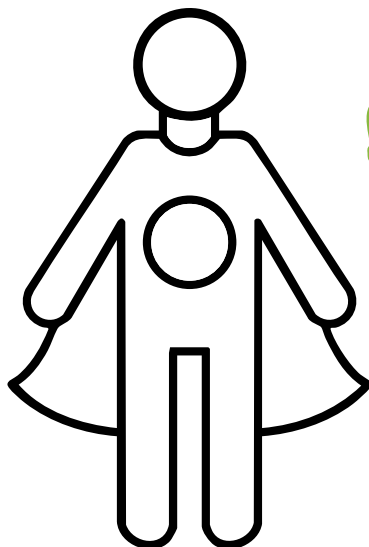
☐ Eat with a friend

Would you enjoy being a spinach farmer?
Why or why not?

SUPER SPINACH

Spinach is rich in nutrients, vitamins, and minerals. There are many ways to eat spinach!

Color yourself as a superhero enjoying spinach.



Spinach Scrambler

Unscramble the letters to make the word.

hpsacni _____

vtahers _____

rmfera _____

galbevete _____



Hint:

All words can be found in this activity book!



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