

# SPINACH TRIVIA

True or False: 10 cups (about 1 pound) of raw spinach leaves will cook down to 1 cup cooked spinach.

- A. True      B. False

ANSWER: A.

*Farm to School*  
NEBRASKA



# SPINACH TRIVIA

Spinach plants grow best in the spring and fall when the weather is

- \_\_\_\_\_.
- A. Freezing  
B. Cool  
C. Hot  
D. Dry



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ANSWER: B.

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Spinach leaves are sometimes called 'greens'. "Greens" are any type of plant leaves that we eat, cooked or raw.

What is another plant considered a "Greens"?

Hint: there may be more than one answer.

- A. Kale    B. Carrots    C. Kiwis    D. Lettuce

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On average, Americans eat \_\_\_\_\_ pounds of spinach per year.

- A. 7  
B. 5  
C. 3  
D. 1

