



SEASONAL ROOTS

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SPINACH IS GOOD FOR YOUR BRAIN, TOO...

...AND OTHER COOL SPINACH FACTS



Riley, kneeling center, surrounded by her fitness students and her inspiration.

By Riley Shaia, certified holistic nutritionist,
fitness instructor & Seasonal Roots member

Vintage cartoon fans can probably quote Popeye the Sailor Man's famous line from memory: "I'm good to the fin-ich cause I eat my spinach!" A whole generation of kids grew up thinking they would be stronger if they ate spinach.

Spinach offers amazing health benefits. It's rich in vitamins, minerals, and antioxidants. These good things are associated with boosting immunity, lowering blood pressure, fighting the causes of cancer, reducing inflammation, easing constipation and ulcers, and supporting good vision, healthier skin, and stronger bones. It may even improve your memory and slow down the aging of your brain!

Surprising fact: Cooked spinach is better for you. That said, it's extremely versatile and I use it almost every day. It's a nutritional powerhouse that's in the same family as beets, chard, and quinoa, and is a great way to get your servings of greens in your diet.

Cooked or raw, you can add spinach to almost anything. Throw it in soups or smoothies for a nutritional boost. Sauté it in extra virgin olive oil with garlic and/or onions. Sneak it into sauces (chop it finely first). Use it in salad alone or with lettuces. Or add it to stir-fries!

The Veggie Fairy Blog has Riley's spinach storage tips, some surprising spinach history, and details on how spinach benefits your brain and why cooked spinach is better for you (with one delicious exception). Find it all at www.seasonalroots.com/blog/spinach, and connect with Riley on Instagram at [SimplyStrongLife](#) and Facebook at [rshaia](#).

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ACK! NO SPINACH? TRY CREASY GREENS!

Old Man Winter's latest cold snap killed our farmers' spinach! But, yay! Mother Nature came through with creasy greens, a native plant that's much hardier, plus rich in iron, calcium, and vitamins A and C. Cooking tames its peppery arugula flavor, turning it mild like spinach. If you've never tried this native treasure, the thrill of discovery is what eating local and seasonal is all about!

SPINACH ARTICHOKE DIP *Dairy-free option!*

*"Enjoy diving into this
addictive spinach appetizer!"*

Riley Shaia, nutritionist

Ingredients:

1¼ c unsweetened unflavored plant-based milk (such as soy),
or grassfed TRICKLING SPRINGS CREAMERY milk
3 T all-purpose or oat flour
1 t onion powder
1 t garlic powder
1 T fresh lemon juice
2 c COTTLE ORGANICS spinach (fresh, or frozen and thawed),
or DEER RUN FARM creasy greens, finely chopped
1 (14-oz) can artichoke hearts, drained, finely chopped
sea salt to taste (about 1½ c)
black pepper, freshly ground, to taste

**Directions:**

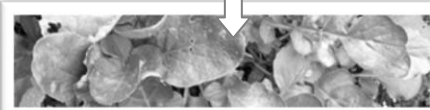
1. Combine the milk, flour, onion powder, garlic powder, and lemon juice in a saucepan. Bring to a boil, then simmer for 5 to 7 minutes, stirring frequently, until the sauce thickens to a spreadable consistency. If using cow milk, use medium heat and watch closely to avoid burning the milk or boiling over.
2. Add the spinach or creasy greens and artichoke hearts. Mix well, then season with salt and pepper to taste. Cook for 2 minutes more, until spinach has wilted – longer for creasies. Add 1 to 2 T of water if the sauce gets too thick.
3. Let the dip cool completely. Serve the dip warm or cold with the baguettes, tortilla chips, or pita chips.

SPINACH, TOFU & SESAME STIR-FRY

Not into tofu? Substitute humanely raised local grassfed beef!

Ingredients:

6 oz COTTLE ORGANICS spinach or DEER RUN FARM creasy greens
1 clove garlic, large
1 t fresh ginger, minced
¼ t red chili flakes
½ lb TWIN OAKS tofu, diced, or
THORNEBROOK FARMS fajita beef, sliced thinly
soy sauce, to taste
2 T sesame seeds, toasted
1 T canola oil
1 t sesame oil

**Directions:**

1. Heat canola oil over medium-high heat in a large skillet or wok. Add tofu or beef. Stir-fry until tofu is lightly colored or beef is cooked to taste, 3-5 minutes.
2. Add garlic and ginger. Cook and stir until fragrant, about 1 minute.
3. Add soy sauce to taste.
4. Add spinach and stir until the spinach wilts, about 1 minute – longer for creasy greens.
5. Stir in sesame seeds, and add more soy sauce to taste. Remove from the heat.
6. Using tongs, transfer spinach and tofu or beef mixture to a serving bowl – leave the liquid behind in the skillet or wok. Drizzle with sesame oil and add more soy sauce as desired. Serve with rice or other grains, or noodles... or use it to stuff ARTANN'S whole wheat pita bread.

Find all these
recipes & more
at
[pinterest.com/
SeasonalRoots](https://www.pinterest.com/SeasonalRoots)

TIPS & HACKS

Everything you ever
wanted to know about
CREASY GREENS but
didn't even know to ask

Nibbled raw, creasies have a spicy, peppery flavor, similar to watercress or arugula. When cooked, that peppery flavor dissipates.

To prep, rinse them thoroughly to get all the sand out. Separate the intertwined stalks and trim off the larger stems. Depending on how you use them, and whether you like stalks, use them whole or strip off the leaves, before or after cooking.

Chop them up raw for garnish, in fresh salads, or on sandwiches. Their peppery goodness works especially well with eggs, including quiche, egg salad, and deviled eggs. Use them in recipes that call for spinach or collards, or braise them as a stand-alone side dish. Recipe is on our Pinterest page!