Spinach Cultural Highlights
Spinach Dishes Around the World

Greece:
Spanakopita, a Greek spinach pie.

Argentina:
Torta pasqualina can be made with either swiss chard or spinach, and empanadas can be made with Spinach (spinach empanadas will often have some cheese and onion).

France:
Spinach Au Gratin (Au Gratin means with cheese). This is a creamy baked dish.

Catalonia:
Espinacas a la Catalana is a simple steamed spinach dish with olive oil, garlic, pine nuts, and raisins from Catalonia, an independent republic historically part of Spain.

India:
Palak paneer, a spinach dish with paneer (an Indian white cheese)

Ethiopia:
Gomen wat is a spinach stew.

Afghanistan:
Afghan Sabzi is a sauteed spinach dish with spices served with yogurt and naan.
Spinach Varieties Around the World

Brazil: Sissoo spinach, which is also called Brazilian spinach (Alternanthera sissoo). This variety is in the same family as true spinach.

West Africa: Lagos spinach (Celosia argentea) is an important food crop. This is in the same family as true spinach.

India: Malabar or Indian spinach (Basella alba) is a vining plant eaten raw and cooked.

East Asia: Okinawan spinach (G. Bicolor) also similar in flavor to true spinach even though it is an unrelated species.

Asia and Africa: Longevity Spinach (Gynura Procumbens) is unrelated to true spinach, but is similar in flavor.

Central America: Chaya, or tree spinach (Cnidoscolus aconitifolius), needs to be cooked for 15 minutes or longer to be safely eaten.

Japan and Taiwan: Komatsuna (Brassica rapa variety perviridis), a hardy and leafy vegetable.

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