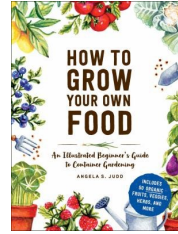
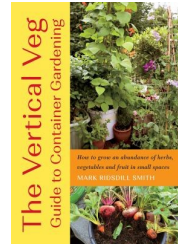


Learn More

Native to central and southwestern Asia, spinach was first cultivated as a food crop in Persia (present day Iran). A versatile and nutritious plant, spinach is rumored to have been a favorite of Catherine de Medici. French dishes featuring spinach were frequently titled “a la Florentine,” in honor of her birthplace, Florence, Italy.

Spinach made its way to the New World with the first Europeans to settle here. The Bloomsdale variety of spinach was introduced to the public in Pennsylvania during the early 1800's. An improved variety, long standing Bloomsdale, was developed in the Netherlands and then brought to the United States in 1925.



Craft: Spinach Anthotype (Light-sensitive prints)

Materials:

- Spinach leaves
- Vinegar
- Blender/mortar and pestle
- Cheese cloth or cotton cloth (old shirt or sock)
- Foam brush/sponge (to paint)
- Paper
- Picture frame (optional)

Blend spinach into a fine paste. Add a few drops of vinegar for more vibrant color. Scoop mixture into cloth and squeeze liquid into a container.

In low light, use a sponge to paint emulsion onto printer paper. Let dry in a dark place, like a shoe box.

The paper is now photo-sensitive and will fade when exposed to light. Make a print by placing objects on top of the paper to block sunlight from hitting the emulsion. The blocked areas will remain dark and the exposed areas will fade, leaving you with an image.

Spinach anthotypes need to remain in sunlight for 3-72 hours to develop. A picture frame can help keep the objects and paper together so they don't shift.

This is a process art and prints will fade over time – scan or photograph your art to create a lasting copy.



Bloomsdale Long Standing Spinach (*Spinacia oleracea*)



Grab & Grow Seed Kits



Share your gardening experience with us for a chance to win a prize!

Send your pictures and stories to: seeds@aclibrary.org

A cool weather crop that produces thick crinkled dark-green leaves on upright plants. An heirloom variety with rich, nutty flavor!

Seed Package Instructions:

Culture: Bloomsdale Spinach will germinate best in cool weather and soil. Optimal soil temperature is between 45 - 70°F. Plant seeds in full sun or partial shade. Sow 10 seeds per foot, 1/2" deep, in rows about 12 – 18" apart. Seedlings will emerge in about 7 – 14 days. When seedlings have grown to be about 2" tall, thin plants until you have at least 2 – 3" between them.

Water: Bloomsdale Spinach requires 1 – 1.5" of water per week. Water your plants evenly and keep soil moist. Frequent, shallow watering is preferable to irregular heavy watering.

Harvest: Bloomsdale Spinach reaches maturity in about 45 days. Harvest when your spinach plant has at least 6 – 8 leaves, measuring about 4 – 7 inches in length. Harvest older, outer leaves first.

Culinary: For best results, thoroughly rinse leaves before use. Leaves can be refrigerated for up to one week. Spinach can be eat-

PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting:	Watering Log:
	Date
Date Seed Planted:	<input style="width: 100%; height: 20px;" type="text"/>
Number of Seeds Planted:	<input style="width: 100%; height: 20px;" type="text"/>
Germination Date:	<input style="width: 100%; height: 20px;" type="text"/>
Date of First Harvest:	<input style="width: 100%; height: 20px;" type="text"/>
Date of Last Harvest:	<input style="width: 100%; height: 20px;" type="text"/>
Pests/Problems:	<input style="width: 100%; height: 20px;" type="text"/>
Notes:	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>

Spinach Quiche

Serves: 4-6 Prep time: 25 minutes Cook Time: 50-60 minutes

Ingredients

1.5 lbs. spinach, washed and stems trimmed or 10 oz frozen spinach thawed and drained	1 9" deep frozen pie crust
½ c. shallots diced	1 tbsp. olive oil
4 large eggs	1 ¼ c. heavy cream
1 c. shredded Gruyere cheese	¼ tsp. ground nutmeg
½ tsp. kosher salt	¼ tsp. ground white pepper

- | | |
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| 1. | Preheat the oven to 400° Prick the bottom and sides of the frozen pie crust with a fork. (About 1" apart) Bake until lightly golden (About 10 to 15 minutes). Remove from oven and turn oven to 325° |
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| 2. | Heat oil in a large pot over medium heat, sauté shallots until translucent, about 5 - 8 minutes. Add as much spinach as will fit in the pan and sauté until wilted. Continue to add spinach until all spinach is cooked. Set aside to cool. |
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| 3. | In a bowl, whisk together eggs, heavy cream, nutmeg, salt, and pepper.

Place the cooked pie crust on a baking sheet. Spread the shallot and spinach mixture evenly in the pie crust. Sprinkle in the shredded Gruyere cheese. Pour the egg and cream mixture over the top. |
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| 4. | Bake at 325° for 50 - 60 minutes until the custard is set and golden brown on the top.

Can be served hot, warm, or cold. |
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