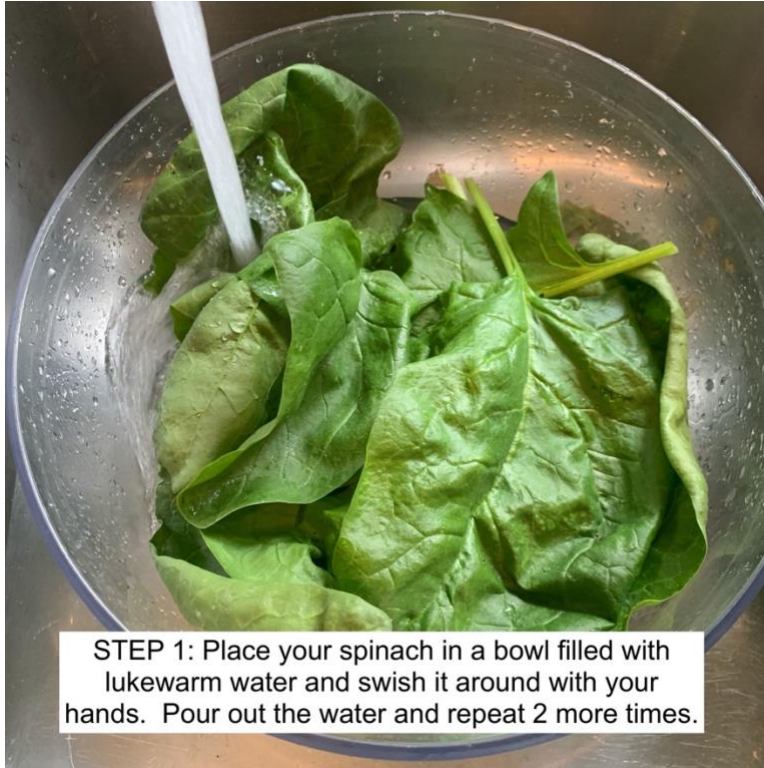


## HOW TO PRESERVE SPINACH

Spinach is a great vegetable to add to your diet and has a mild taste that makes it easy to sneak into most meals and smoothies if you don't like the taste of vegetables. However, it can often go bad in your refrigerator quickly or may grow in your garden in the spring faster than you can eat it! Here is a great zero waste method to preserve it in your freezer for later and help cut back on your trips to the grocery store.



STEP 1: Place your spinach in a bowl filled with lukewarm water and swish it around with your hands. Pour out the water and repeat 2 more times.



Step 2: Dry the spinach in a salad spinner or with a towel.



STEP 3: Chop with a knife or salad chopper (you can also use a large bowl and pizza slicer!)



STEP 4: Pack your spinach into any clean glass jar and freeze for up to six months. When ready to use, you can take the lid off your jar and defrost in the microwave or use a fork to loosen the leaves up. You can wash and reuse your jar again afterwards!