



About Foothill Roots Farm: Growing vegetables and fruits is the conduit we use to serve our local community. We want our farm to be a place to connect with friends, family and neighbors, a place of beauty, fun, and inspiration. We believe that seeing customers' smiling faces when they receive our produce is food for our souls. We love hearing the stories of cooking adventures, news of lowered cholesterol levels, and members whose children will only eat carrots from our farm! Every step we take as farmers is to grow better. We are always learning and discovering, innovating, becoming more efficient, and adapting in order to become better, more educated farmers. As stewards of the land, we work in conjunction with nature by utilizing cover crops, compost, crop rotations, annual and perennial plants to attract beneficial insects, and minimal tillage to enhance our soils fertility and our plants' health. We are certified CCOF organic and have the Real Organic Project certification. What is important at Foothill Roots Farm is Cover Crops & Compost that is Building organic matter and protecting soil health, while naturally replenishing nutrients for future crops. Crop Rotation by Mixing both annual and perennial plants to attract beneficial insects. And we are Minimal Till To enhance our soils fertility and our plants' health.



Spinach is a leafy green vegetable that's rich in vitamins and minerals, and has many health benefits, including:

- **Heart health:** Spinach's potassium content helps lower blood pressure by helping the kidneys remove sodium from the body.
- **Eye health:** Spinach contains lutein and zeaxanthin, antioxidants that help maintain vision and protect against age-related eye diseases.
- **Bone health:** Spinach contains vitamin K, which is essential for bone health.
- **Cancer prevention:** Spinach contains beta carotene and vitamin C, which may help reduce the risk of developing some cancers.
- **Immune system:** Spinach is packed with vitamins and minerals that boost immunity, such as vitamin A, vitamin C, vitamin E, zinc, and magnesium.
- **Inflammation:** Spinach contains vitamin E, which can help reduce inflammation in the body.
- **Anemia prevention:** Spinach is high in iron, which can help reduce the risk of iron-deficiency anemia.
- **Oxidative stress:** Spinach contains antioxidants that fight oxidative stress, which can trigger accelerated aging and increase the risk of cancer and diabetes.
- **Blood glucose control:** Spinach may improve blood glucose control in people with diabetes.
- **Cognitive decline:** Spinach may lower the risk of cognitive decline.

Spinach can be eaten raw in salads, smoothies, and sandwiches, or cooked as a side or part of a main dish. Different cooking methods can change the nutritional content of spinach.

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