

Asparagus

Buy fresh, buy local shopping tips

- Wisconsin asparagus is harvested in early summer.
- Look for firm, bright green stalks with tightly closed tips.
- Avoid limp asparagus spears.
- Asparagus stalks should be mostly green with only a little white on the end – remove the white ends before use.
- Wrap the ends of asparagus spears in a damp paper towel, put in a plastic bag and keep in the refrigerator for up to five days.
- There are green, purple and white asparagus varieties, can you try them all?



FAMILY NEWSLETTER

Why eat asparagus?

Asparagus is an excellent source of folate and vitamin K. Folate helps your body make healthy red blood cells and protects against heart disease, and Vitamin K helps your body heal.



Ways to eat asparagus

- Asparagus spears can be baked, grilled, boiled, steamed, microwaved or stir-fried.
- For a healthy side dish, roast or sauté asparagus with olive oil, salt and pepper.
- Add cooked asparagus to soups, rice, stir-fry or pasta dishes to add a boost of color and flavor.
- Dip raw or blanched asparagus spears in low-fat dressing for a healthy snack.

Nutrition Facts	
Serving Size: ½ cup cooked asparagus (90g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

How much do I need?

½ cup cooked asparagus or about six spears is equal to one serving.

Recommended Daily Amount of Fruits and Vegetables*	AGES 5-12	AGES 13 AND UP
	Males 2 ½ - 5 cups	Males 4 ½ - 6 ½ cups
Females 2 ½ - 5 cups	Females 3 ½ - 5 cups	

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.

Get active together

Take a family trip – on wheels! Everyone grab something with wheels, such as roller skates, bikes or skateboards, and play in the park or driveway. Be sure to wear helmets!



Want to volunteer?

Live54218 Farm to School volunteer opportunities include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218 Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Spring time asparagus and peas

- 1 pound fresh asparagus
- 2 cups frozen peas
- Juice from half a lemon
- 1 tablespoon olive oil
- Salt and pepper
- ¼ cup shredded Parmesan cheese



Wash asparagus and snap off brittle ends by holding one end of the spear in each hand. Cut asparagus into one-inch pieces. Heat olive oil in a medium skillet. Add asparagus and sauté for 2-3 minutes. Add peas (directly from freezer is fine), salt and pepper. Sauté mixture for 1 minute. Remove from heat, garnish with lemon juice and cheese and serve. Makes 4 servings.

Nutrition information per serving: 137 calories, 5.5 g fat, 16.5 g carbohydrates, 8.5 g protein, 7 g fiber, 410 mg sodium.

Kids corner

Asparagus word scramble

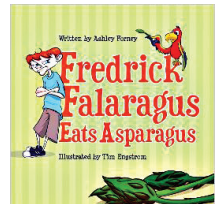
Unscramble the **BOLD UNDERLINED** words to complete the asparagus facts. Answers at the bottom of the page.

- GAAPSAUSR** _____ is a long-lasting perennial plant, meaning it does not need to be replanted every year.
- Asparagus can be green, **LERPUP** _____ or white.
- Asparagus can grow up to 12 **SCHNIE** _____ in one day.
- Purple asparagus turns **NEREG** _____ when cooked.

What kind of socks do you need to plant asparagus?
GARDEN HOSE!

Read together

- **Fredrick Falaragus Eat Asparagus** by Ashley Forney
- **Good for Me Vegetables** by Sally Hewitt
- **The Mighty Asparagus** by Vladimir Radunsky



WORD SCRAMBLE ANSWERS: A) ASPARAGUS B) PURPLE C) INCHES D) GREEN