Nutrition Info

One cup of cooked asparagus has 40 calories.

Asparagus provides folic acid and vitamins A, C, & K.

Fun Facts

Under ideal conditions a spear of asparagus can grow up to 10 inches in a day!

Asparagus can be green, white or purple.

Asparagus plants are perennials, meaning that they grow back each year without being replanted.

Uses

Fresh asparagus can be lightly steamed and then served warm or cold.

Try grilled or roasted asparagus! Place asparagus spears on a medium-high heat grill coated with olive oil and cook for 5-8 minutes or until tender.

Fresh asparagus is a great addition to omelets, soups, casseroles and stir fries.

Pick:

• Select asparagus spears that are firm and bright green in color, with tightly closed tips and moist ends.

• Asparagus stalks that are thin in diameter will be more tender.

Store:

• If not using immediately, wrap the cut ends in a damp paper towel & place in a plastic bag in the refrigerator.

Prepare:

• Cook asparagus as quickly as possible after purchasing!

• Wash asparagus just before preparation in cool running water.

• Snap or cut off tough, dry ends at their natural breaking point.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question… and give you a new chance to win!

Here’s This Month’s Question:

Ah, spring is finally here and the earth is ready for planting. This month, we’re calling all gardeners to offer words of wisdom and inspiration. Whether this is your first or your fiftieth season tilling the land, tell us why you garden. What motivates you to get out there and dig in the dirt? What do you grow and how do you and/or your family benefit from it? What community resources provide tools, resources, and knowledge to help you in this effort?

To Enter:

Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than May 31st, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a Facebook message at www.facebook.com/GetActiveLaCrosseCounty

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Honey Roasted Asparagus
Serves 4

Ingredients:
1 pound asparagus
1 Tbsp. olive oil
2 Tbsp. honey
¼ tsp. salt.

Directions:
Preheat oven to 375 degrees. Wash asparagus and trim stems off. Coat the bottom of a 9x13-inch baking dish with olive oil. Spread asparagus spears evenly in prepared baking dish. Drizzle honey over asparagus and sprinkle with salt. Roast asparagus for approximately 25-30 minutes or until asparagus is tender and lightly browned.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org