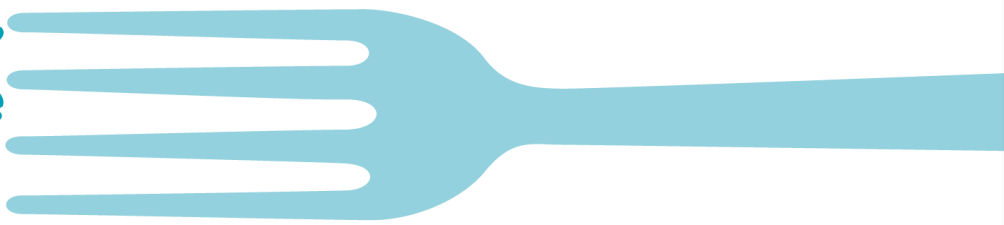


# Harvest of the Month



June



Asparagus



## 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.

## 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 perennial, 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 and cook for 5-8 minutes or until tender.

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

## Family Friendly Activities

Did you know that the polite way to eat asparagus is by hand? Children love to eat finger foods! Have a creamy dip or dressing for kids to dunk their asparagus spears into.

Have your child describe asparagus using all their senses. How does it look? What does it remind them of? Does it smell? What does it sound like when they snap off the ends?

# Harvest of the Month



## Part 2: Strange fruits & vegetables (June 1<sup>st</sup>-30<sup>th</sup>)

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

School (if applicable) \_\_\_\_\_

Turn your completed log into the Cameron Park Farmers' Market booth during market hours or mail your log to the La Crosse County Health Department – Nutrition Division. 300 4th St. North La Crosse, WI 54601.

Questions? Contact Abbie Loos, (608) 785-5613 [/alooos@lacrossecounty.org](mailto:alooos@lacrossecounty.org)