

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 or stand the asparagus up in a glass with about an inch of water & cover with a plastic bag and store 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.

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?

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. Rinse asparagus and trim stems. Coat the bottom of 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 visit www.laxf2s.org!

Nutrition Facts

Serving Size (128g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 3g

Vitamin A 15% • Vitamin C 10%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Color Asparagus!

