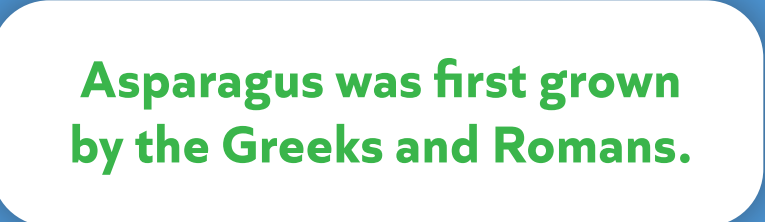




HARVEST OF THE MONTH:

# Asparagus





# HISTORY OF Asparagus



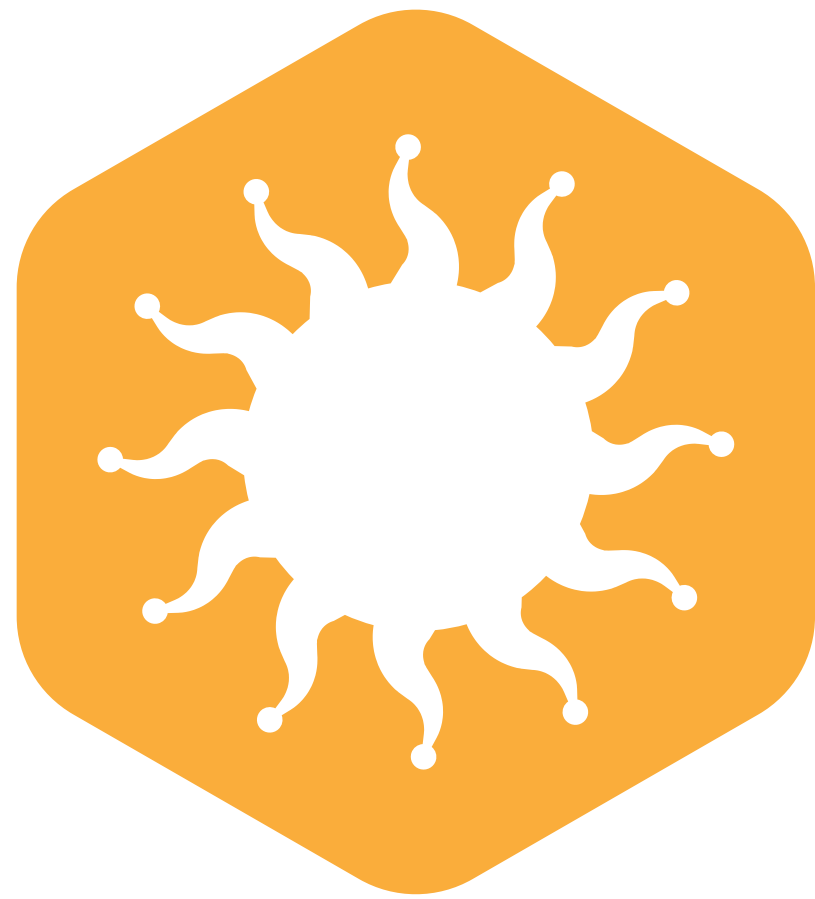


**Asparagus grows up out of the ground. We eat the stems of the asparagus plant.**

# **HOW DOES ASPARAGUS GROW?**



# WHAT SEASON DO WE PICK ASPARAGUS?



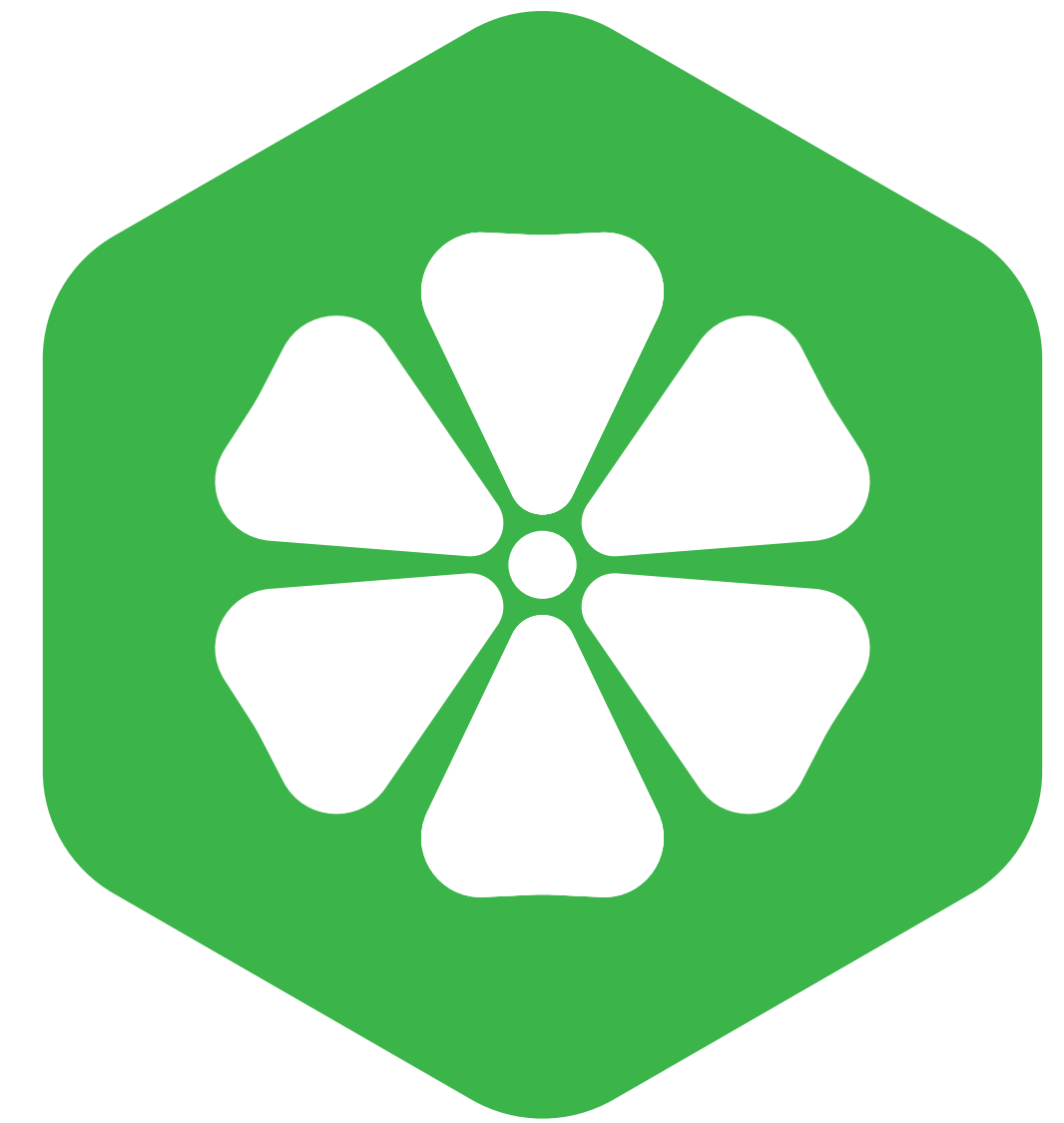
SUMMER



AUTUMN



WINTER



SPRING

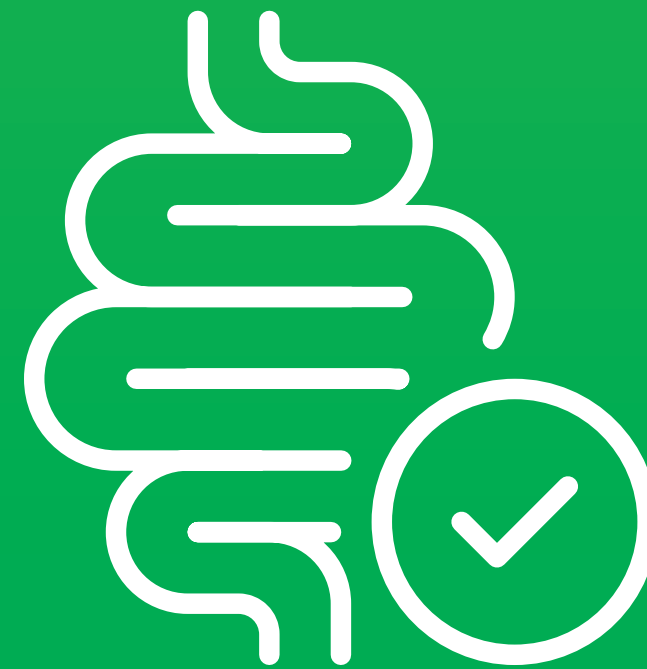


# WHY SHOULD WE EAT ASPARAGUS?

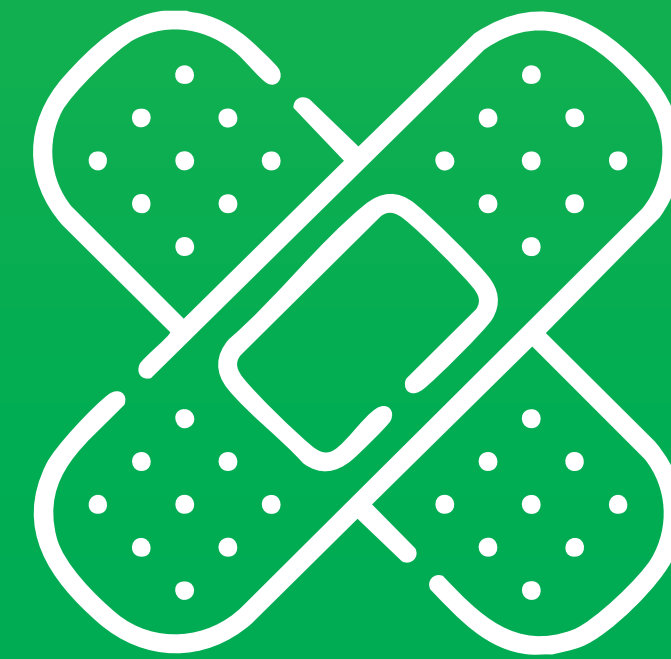
Healthy immune system  
(prevents colds)



Healthy digestion,  
cleans out your system



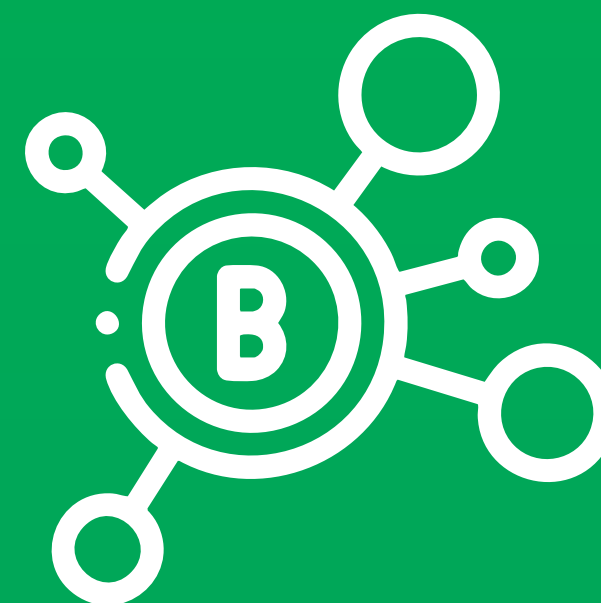
Contains vitamin  
K – heals cuts



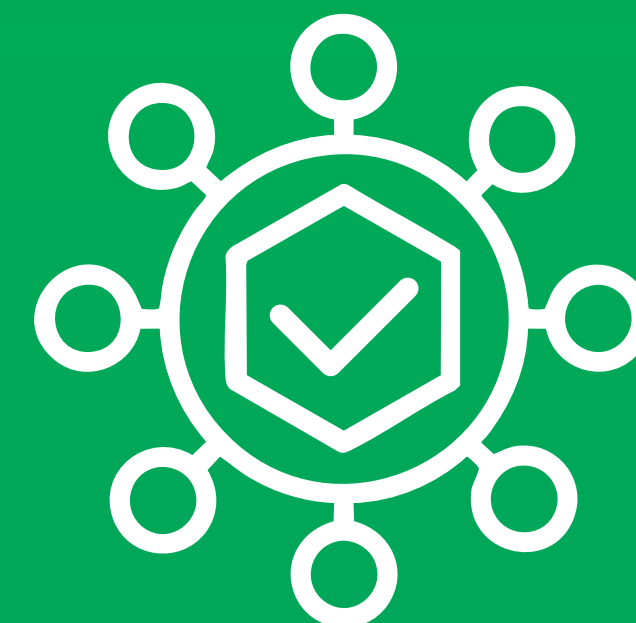
Healthy eyes



B Vitamins



Antioxidants





# HOW DO YOU PICK A GOOD ASPARAGUS?

- The asparagus should be bright green with closed compact tips.
- White asparagus is grown underground so it does not see sunlight.
- Purple asparagus turns green when you cook it.
- When you cook asparagus you can steam, bake, boil, grill, microwave, or even stir-fry the stalks.

**FUN FACT:** In certain conditions Asparagus can grow up to an inch per hour, up to 12 inches.







LET'S TRY SOME

# Asparagus!

