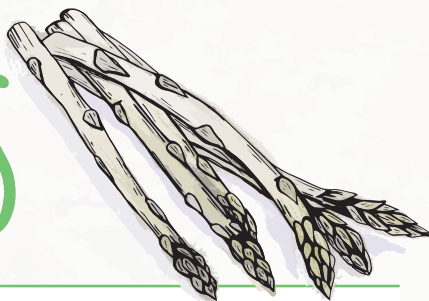


Harvest of the Month NEBRASKA

ASPARAGUS



ROASTED GARLIC PARMESAN ASPARAGUS

Ingredients:

- ½ pound fresh asparagus
- 3 cloves minced garlic
- 3 Tbsp. shredded parmesan cheese
- Salt and pepper to taste
- Olive oil

Directions:

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil.
2. Rinse asparagus and trim bottom. Spread in one layer on the foiled baking sheet.
3. Lightly drizzle the asparagus with olive oil. Sprinkle with salt, pepper, garlic, and cheese.
4. Bake for 8 minutes and serve immediately. Enjoy!

belleofthekitchen.com/2016/03/16/garlic-parmesan-roasted-asparagus



NUTRITIONAL VALUE

Asparagus is an excellent source of Vitamin K and a good source of Vitamin A.

SEASONAL AVAILABILITY

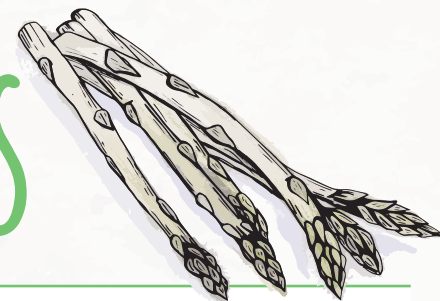
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LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

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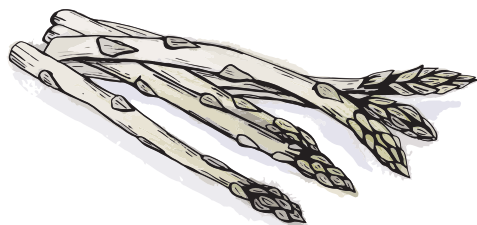
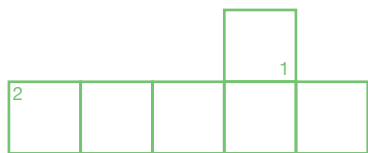
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FUN WITH ASPARAGUS

ASPARAGUS CROSSWORD PUZZLE



Across

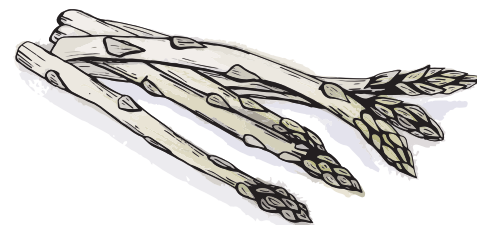
1. A program that works with schools and farmers to provide local food to schools all over the country
2. Asparagus is usually green, but can be this color (the opposite of black)

Down

1. The part of asparagus plant that you eat
2. Asparagus is part of this family
3. Asparagus turns green because of exposure to this
4. It takes _____ years before asparagus is ready to harvest

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