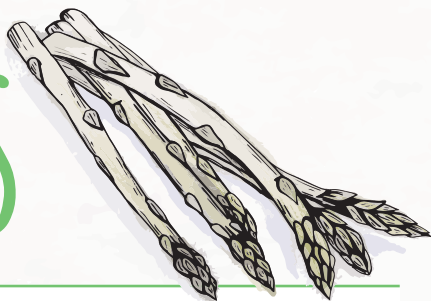


Harvest of the Month NEBRASKA

# ASPARAGUS



Nebraska Harvest of the Month highlights asparagus this month! Your school will be preparing recipes featuring asparagus as part of the school meal program. We invite you to try the asparagus recipe included in this newsletter with your family. Involve your family in selecting and preparing the asparagus. Children will have fun snapping the bottom of the asparagus stems to remove the woody portion of the plant. When kids help make healthy food, they are more likely to try it (adults too!).

## SELECTION, STORAGE & COOKING

- Choose firm, closed stalks with green to purplish tips.
- Trim stems and stand stalks in a glass of 1-2 inches of water to help maintain freshness. Cover with a plastic bag and use within 2-3 days.
- It can be eaten raw, steamed, sautéed, grilled, and roasted.

## NUTRITIONAL VALUE

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

## SEASONAL AVAILABILITY



## 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*

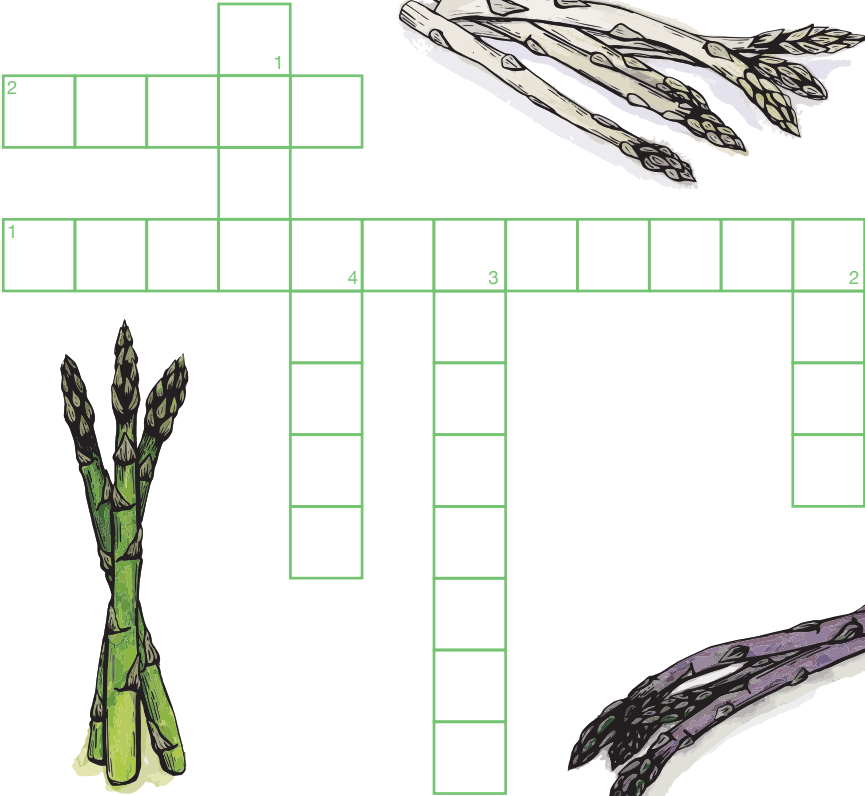


LEARN MORE ABOUT HARVEST OF THE MONTH

[www.education.ne.gov/ns/farm-to-school/harvest-of-the-month](http://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month)

# 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