

## City Fresh Harvest of the Month

# EAT YOUR ASPARAGUS

### Asparagus Facts

- ◆ Asparagus comes in different colors, like: purple, green and white.
- ◆ When the temperature reaches 90 degrees outside, an asparagus can grow seven inches in one day!
- ◆ The greener the asparagus, the better. It has lots of vitamins, including, iron, which keeps your blood healthy and working right.

### Healthy Reasons to Eat Your Asparagus

- ◆ Just 6 asparagus spears have enough vitamin A and K to keep your bones and immune system healthy.
- ◆ Asparagus has lots of vitamin C, which also helps your immune system fight off germs so you don't get sick.
- ◆ Asparagus has calcium, which is good for your teeth and bones.



### DID YOU KNOW?

- ◆ The best season to grow asparagus is mid-winter-spring, but luckily you can buy it at the grocery store all year long.
- ◆ Asparagus was first grown in Greece, almost 2,500 years ago!
- ◆ Asparagus comes from the same family as onions.
- ◆ California grows almost 80% of all of the asparagus grown in the United States.

### Teacher's Corner

Help children eat their vegetables, here are helpful resources to encourage our harvest of the month:

- ◆ Asparagus Lesson Plan (PK-1st):  
<http://bit.ly/2Cta80q>
- ◆ Asparagus Lesson Plan (2nd-3rd):  
<http://bit.ly/2CwBZMj>