

HARVEST OF THE MONTH: ASPARAGUS



NUTRITION FUN FACTS:

- Asparagus contains the antioxidants Vitamin A and Vitamin E which protect cells from being damaged from free radicals.
- Asparagus is a good source of folate. Folate is important for prenatal care and preventing anemia.
- Asparagus is also a good source of Vitamin K which helps with blood clotting.

Fun snack ideas!

HOW TO EAT ASPARAGUS:

1. Eat asparagus raw or lightly boiled, steamed, stir-fried, or grilled.
2. Try seasoning asparagus with herbs, butter, or parmesan cheese.
3. Dip raw asparagus in your favorite dip for a quick snack!
4. Make sure to cut off the white, woody ends of the asparagus, which have a tough texture and make it difficult to chew.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose bright green stalks with tightly closed tips.
2. Avoid limp, wilted, or extra-large woody spears.
3. Refrigerate asparagus upright with cut ends in water or cut ends wrapped in wet paper towels.
4. Fresh asparagus will keep 1-2 weeks in the refrigerator.

BEST TIME TO EAT:

APRIL-MAY



UNC Center for Health Promotion and Disease Prevention

RECIPE: ASPARAGUS MUSHROOM MELT

DIRECTIONS

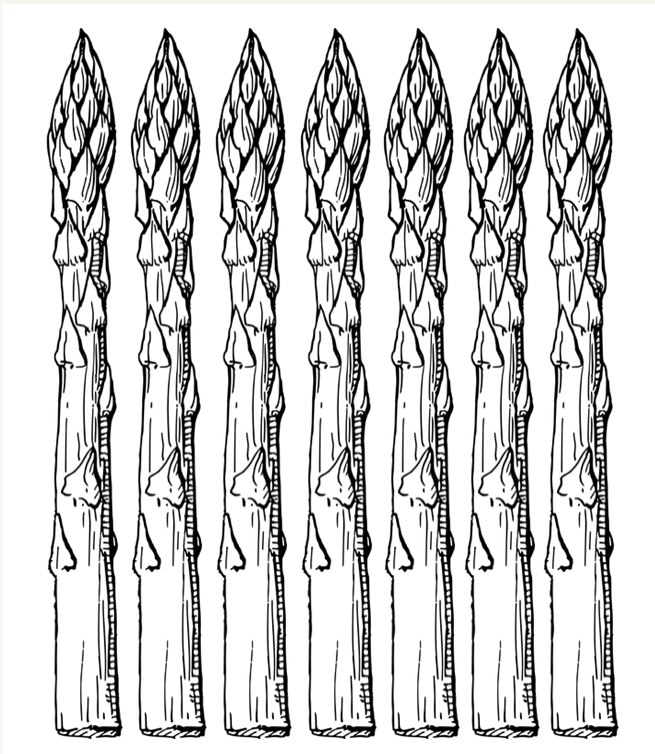
1. Toast muffin halves and place on a baking sheet in a single layer.
2. In a large skillet over medium-high heat, saute onions and mushrooms in oil, stirring often until just beginning to brown.
3. Add asparagus seasoning and vinegar. Saute, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
5. Broil muffins until the cheese melts.

INGREDIENTS

- 4 English muffins
- 1 cup onion, finely minced
- 1 cup chopped mushrooms
- 1 teaspoon oil
- 1 pound asparagus, trimmed and sliced crosswise
- 1 teaspoon thyme
- 1 teaspoon vinegar
- 1 dash salt
- 3/4 cup mozzarella cheese

<https://www.nutrition.gov/recipes/asparagus-mushroom-melt>

ACTIVITY: COLORFUL ASPARAGUS



Asparagus comes in different colors!

Try coloring each stalk of asparagus the following colors or any color you'd like :

Green

Purple

White