

Harvest of the Month



Michigan **Nutrition** Network
at Michigan Fitness Foundation

Botanical name: *Asparagus officinalis*



ASPARAGUS

**Circle all meals that
have green vegetables
in them.**

- How many did you find?
- What do you like most about vegetables?
- Why is it important to eat vegetables?

EAT ASPARAGUS

Garden Lingo

If you work on a farm or in a garden, it helps to know gardening terms and nicknames. For example, you may know the vegetable as asparagus, but farmers call it 'gras! This green stem vegetable is a perennial plant of the Lily family and provides a source of many vitamins and other nutrients. Asparagus plants are dormant in winter and harvested in spring. Do you know the meaning of each of these underlined words?

Draw a line to match each word on the left with the correct definition on the right. (answers below)

- | | |
|-------------|---|
| 1 Farmer | A Gathering of crop |
| 2 Perennial | B Natural ingredients found in foods necessary for our bodies to grow |
| 3 Lily | C Lives from year to year |
| 4 Vitamins | D Sleeping |
| 5 Dormant | E A flower that grows from a bulb; asparagus is part of this family |
| 6 Harvest | F Person who grows food |

Adapted from: <http://www.calasparagus.com/consumer/kids/kids.htm>

Answers: 1. F; 2. C; 3. E; 4. B; 5. D; 6. A

Reasons to Eat Asparagus

A ½ cup of cooked asparagus has lots of folate and vitamin K. Eating asparagus is a good way to get vitamin C, vitamin A, and thiamin. Asparagus has vitamin E, which helps keep your skin, hair, and immune system healthy.

Vitamin E Champions*:

Cooked spinach, nuts (almonds, peanuts), oils (corn, cottonseed, safflower, soybean), peanut butter, sunflower seeds, and wheat germ.

*Vitamin E Champions are a good or excellent source of vitamin E (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of cooked asparagus is about six asparagus spears. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below and write down your goal. Share it with a family member. Eat a variety of colorful fruits and vegetables every day to help you reach your goal. Fresh, frozen, canned, and dried fruits and vegetables all count toward your daily amount. Be sure to get at least 60 minutes of physical activity every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.choosemyplate.gov to learn more.

Nutrition Facts

Serving Size: ½ cup cooked asparagus (90g)	
Calories 20	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%



Funded by USDA Supplemental Nutrition Assistance Program through State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the Michigan Food Assistance Program Hotline: (855) ASK-MICH.