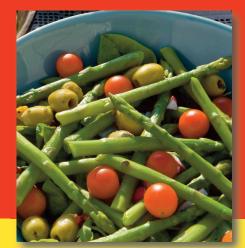


# Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...









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### Did you know...?

- Asparagus is a member of the lily family, along with onions and garlic.
- Asparagus comes in many colors green, white, and purple. White and green asparagus come from the same plant. If it's covered with soil as it grows, it stays white. But if it grows in the sun, it turns green.
- A stalk of asparagus can grow as much as ten inches in one day!
- Asparagus spears grow out of crowns buried in sandy soil.
  Massachusetts asparagus is available to eat only a few weeks a year. So enjoy this fresh, spring treat while you can!

## **DELICIOUS AND NUTRITIOUS**

Asparagus gives us vitamin A, vitamin C, and folic acid. Folic acid is important for growing bodies and helps keep your blood healthy.

#### **A SUPER SNACK IDEA**

Place 3 or 4 asparagus spears and some cheese in a tortilla. Roll it up, heat it, and enjoy!

#### **ASPARAGUS HUMOR**

What did the hippie farmer say to the asparagus crop in the early morning? This is the dawning of the age of asparagus.



Nutrition Education Program

#### For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

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This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights. 5/15