



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

Asparagus



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.