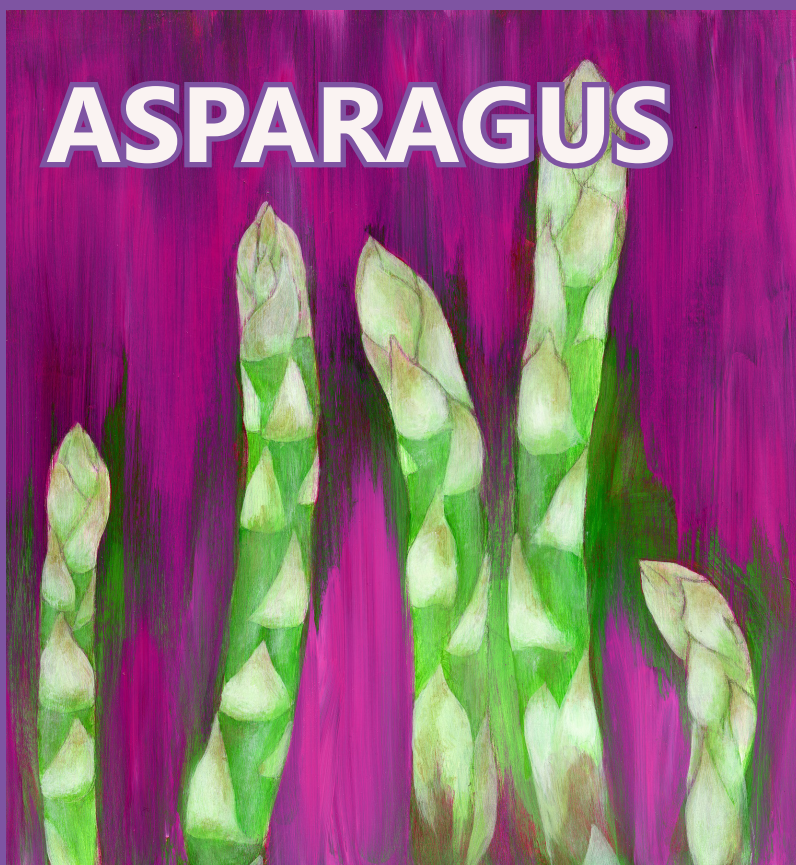


Harvest of the Month



ASPARAGUS



Local Highlight

Asparagus is grown in small quantities at a few local farms, but is not found in large scale plantings. It is a perennial crop that requires a significant amount of space to yield high volumes, which is better suited for farms with large acreage. We purchased CA grown asparagus for HOTM.

Literature Links

- *Plants Feed Me*, by Lizzy Rockwell
- *Farmer Will Allen and the Growing Table*, by Jacqueline Briggs Martin

Joke Corner

Q: How does a vegetable farmer change a flat tire?
A: With asparagus.

Q: What is a cat's favorite vegetable?
A: As-purr-agus.

Q: Where do you go to buy a bunch of asparagus?
A: The stalk market.

Harvest of the Month



ASPARAGUS

Asparagus officinalis



Spanish: el espárrago
Hmong: zaub asparagus

Nutrition Power

Asparagus is an excellent source of vitamin K and folate.



Vitamin K

helps your blood stay healthy!



Folate

helps keep your energy steady!

History

Asparagus is an ancient vegetable that was considered sacred by the Egyptians and was loved by the Romans. The Roman Emperor Caesar Augustus ordered his most elite soldiers to search out asparagus during spring and then send the fastest runners to take the fresh asparagus spears to the frozen Alps to store them.

It takes three years for asparagus to go from seed to harvest. The spears start out very skinny in the first years and are left to grow into fern-like leaves. Thicker spears appear in the third spring and can be harvested. A plant can live for around 15 years.



Did You Know?

- Plant part we eat: STEM
- Asparagus shoots, or spears, can grow 6-12 inches in a day during warm weather!
- Asparagus comes in three colors: green, purple, and white. White asparagus is grown by burying green asparagus plants under mounds of soil, which prevents the stalks from making green chlorophyll for photosynthesis.
- Asparagus cooks fast! Roman Emperor Augustus coined the phrase “velocius quam aspargi coquantur,” which means “faster than you can cook asparagus.”

