

Harvest of the Month



ASPARAGUS



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some asparagus on its own.
2. **MAKE** a dish with asparagus using the recipe and ingredients provided.
3. **LEARN** about asparagus with the information below.



Fun Facts

- Asparagus spears (the part we eat) are the stems of the asparagus plant. They can grow 6-12 inches in one day when it is hot!
- Asparagus comes in three colors: green, purple, and white. White asparagus is grown by burying green asparagus plants under a foot of soil. This blocks the sunlight that's needed to produce chlorophyll which gives them a more familiar green color.
- Asparagus is an excellent source of folate which helps keep your energy steady!

How Does it Grow?

It takes three years for an asparagus plant 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. The leaves use sunlight to photosynthesize and provide food for the roots. By the third spring the root system has grown strong enough for the plant to produce thicker spears that can be harvested. A plant can live for 15-20 years!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.