



ASPARAGUS

- The edible parts of the asparagus plant are the young stems or shoots that emerge in spring. The shoots are often called spears.
- Asparagus shoots can grow up to 12" in 24 hours under ideal conditions like 90 degree temperatures!
- White asparagus is produced by burying the growing shoots under mounds of soil to block the sunlight. This prevents the plant from making green chlorophyll.
- After harvest, asparagus will spoil quickly if not kept cold. Refrigerate with a damp paper towel or with stalks in a few inches of water.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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PHYSICAL ACTIVITY: Asparagus Chant

Repeat over and over, faster and faster, until you can't stand it any longer! Make sure to give you and your neighbor plenty of room!

Asparagus, asparagus So long and lean! (*Stand with arms overhead*)

Asparagus, asparagus White, purple and green! (*Jump up and down*)

Asparagus, asparagus In season in Spring! (*Jump up then touch the ground*)

Asparagus, asparagus They are a tasty thing! (*Turn in a circle then clap hands once all together*)



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