

Harvest of the Month

Network for a Healthy California



Asparagus



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This material was created by a Network-funded agency as companion to the Harvest of the Month toolkit developed by the Network for a Healthy California.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California.

These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the

Do you
know about
asparagus?



Did you know that
asparagus is a
vegetable?



I just thought you
might like to know.

Did you know that
asparagus grows in
the ground?



I just thought you
might like to know.

Did you know that
asparagus can be
green, purple, or
white?

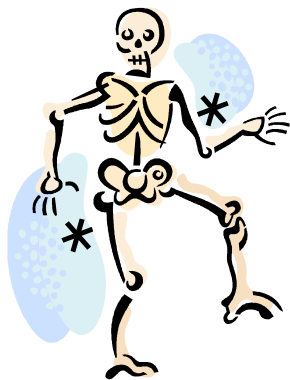


I just thought you
might like to know.

Did you know that asparagus gives you Vitamin C?



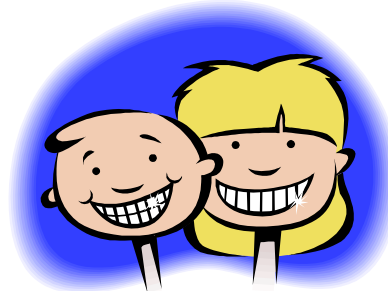
Vitamin C



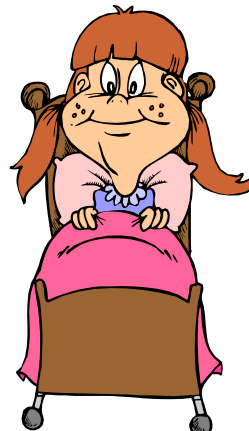
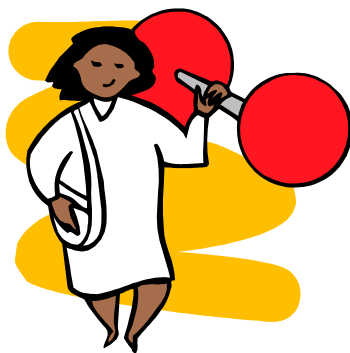
Holds bones together



Helps cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

I just thought you might like to know.