



Produce of the Month

Asparagus



Nutritional Information



Asparagus is a great source of fiber, folate, Vitamin A, C, E, and K.



Asparagus is packed with antioxidants!



Asparagus has high levels of amino acids that help release the body's excess salt.

Selecting, Storing, Preparing



Selecting: firm, straight, smooth, and richly green stalks with tightly closed tips.



Avoid: dull green, limp, or dry stalks.



Storage: trim the ends of the stalk and stand them upright in a jar with an inch of water at the bottom. Cover with a plastic bag and store in the refrigerator for up to two days.

Fun Facts



The top asparagus-producing states are California, Washington, and Michigan.



In ideal conditions, an asparagus can grow 10 inches in 24 hours!



It takes 3 years from planting an asparagus seed to harvest a plant.

Recipes/Ideas



Asparagus can be steamed, blanched, roasted, and baked.



Add asparagus to salads, stir fry, or eat raw with feta cheese and radishes!

For more ideas:

<http://allrecipes.com/recipes/1079/fruits-and-vegetables/vegetables/asparagus/>
<http://www.marthastewart.com/275174/asparagus-recipes>

Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

<http://95210.townofmanchester.org/>