

JERSEY TASTES! ACTIVITY SHEETS

Amazing Asparagus



ACTIVITIES:



Pre-K: [Asparagus Coloring Sheet](#)

Lower Elem: [The Mighty Asparagus Book](#)

Upper Elem: [Plant Tops & Bottoms Lesson Plan](#)

Middle: [How do Plants Grow? Fact Sheet](#)

HS: [Creating an Asparagus Ad](#)

RECIPES:

Jersey Tastes! Recipe Videos

[Garlic Roasted Asparagus & Recipe](#)

[Asparagus Tomato Salad & Recipe](#)

Breakfast: [Asparagus & Potato Egg Bake](#)

Lunch: [Jersey Fresh Roasted Asparagus Pasta](#)

MADE IN COLLABORATION WITH:



ALL ABOUT NEW JERSEY!

Asparagus is in season in the spring, during the months of April, May, and June. It is grown largely in Salem, Gloucester, and Cumberland counties.

[Tracing the Roots of NJ Asparagus](#)

HOW DOES IT GROW:

[How Does it Grow Asparagus Video](#)

When you eat asparagus, you are eating the stalk or stem of the plant. Asparagus can be green, white or purple in color. The green variety is the most common in the United States. Asparagus is planted as crowns under the ground and it takes three years for the plant to mature or be ready to harvest. Asparagus is a perennial plant that comes back every year and one plant can produce asparagus for 15- 20 years.

NUTRITION FACT:

Asparagus is a good source of potassium and vitamins A & C.

FUN FACT:

The Greeks and Romans believed asparagus had medicinal powers that could cure toothaches and prevent bee stings!



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