

Asparagus Information Sheet

Today's Farm to School Snack features local asparagus!

While asparagus originated in Greece, the asparagus you will be trying today was grown locally at:

in

How Does It Grow?

Asparagus is one of the first vegetables ready to be picked in spring, usually in May and June, when its thin, spiky shoots grow about 20 centimeters tall above the ground. Each plant can produce approximately 16 spears of asparagus each year. After the harvest, the plant is left to grow into a tall, fern-like shape, and it can keep producing fresh asparagus every spring for 15-20 years! Asparagus can be enjoyed raw, steamed, roasted, grilled or stir-fried.



Fun Facts

- Asparagus can be green, white, or purple. In North America, green asparagus is the most common.
- In ancient times, people crushed asparagus tips and used them to soothe the pain of a bee sting!
- When the plant is fully mature, asparagus can grow up to 15 centimeters in just one day!

Around the World

The word "asparagus" comes from the Greek word for "stalk" or "shoot." For centuries, many cultures have used asparagus as both food and medicine. It has been believed to help cleanse the kidneys, aid digestion, and promote overall health. In fact, images of asparagus have been discovered on the walls of ancient Egyptian tombs, dating back 5,000 years!

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include asparagus.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this tasty spring snack!

Find more resources at www.nourishns.ca