Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

What Can Asparagus Do For Me?

- A 1/2 cup of cooked asparagus is about six asparagus spears.
- A 1/2 cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
- Asparagus is also a source of vitamin E. Vitamin E is an antioxidant that protects your body’s cells and helps keep your immune system, skin, and hair healthy.
- Other good or excellent sources of vitamin E are cooked spinach, nuts, oils, sunflower seeds, and wheat germ.

What’s In Season?
Asparagus is available on Martha’s Vineyard in May and June.

Produce Tips
- Look for firm, bright green stalks with tightly closed tips. Avoid limp asparagus or spears.
- Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days.
- Make sure asparagus tips stay dry during storage.

Healthy Serving Ideas
- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in low-fat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

for more information visit islandgrown.org/harvestofthemonth

This material is adapted from Harvest of the Month by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.