

OREGON
ASPARAGUS
GROWN FOR SCHOOLS

Asparagus is Awesome.

HARVEST BITES

- Circle all meals that have green veggies in them. How many did you find?
- What do you like most about green veggies?
- What do green veggies do for your body?

Answer: Provide vitamins and minerals,
cancer-fighting agents, and energy.

FIND OUT MORE: Visit the Oregon Department of Education Child Nutrition Programs webpage at www.ode.state.or.us/services/nutrition. Find the link to Oregon Farm to School and School Garden Program under Associated Topics.

Just for Kids

Garden Lingo

If you work on a farm or in a garden, it helps to know gardening terms and nicknames. For example, you may know the vegetable as asparagus, but farmers call it 'gras! This green stem vegetable is a perennial plant of the Lily family and provides a source of many vitamins and other nutrients. Asparagus plants are dormant in winter and harvested in spring.

Draw a line to match each word on the left with the correct definition on the right. (answers below)

- | | |
|--------------|--|
| 1. Farmer | A. Gathering of crop |
| 2. Perennial | B. Natural ingredients found in foods necessary for our bodies to grow |
| 3. Lily | C. Lives from year to year |
| 4. Vitamins | D. Sleeping |
| 5. Dormant | E. A flower that grows from a bulb; asparagus is part of this family |
| 6. Harvest | F. Person who grows food |

1=F, 2=C, 3=E, 4=B, 5=D, 6=A

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ -6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

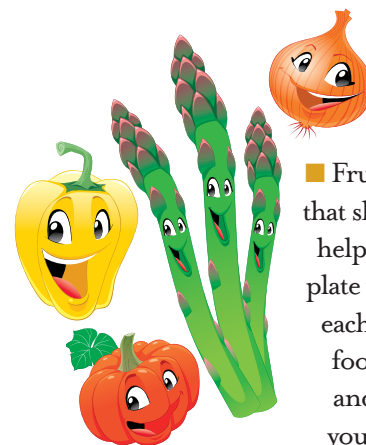
If you are active, eat the higher number of cups per day. Visit mypyramid.gov to learn more.

Grown In Oregon

Asparagus, a classic spring treat, is hand-harvested in the Pacific Northwest. Most commercial production is for processing, but production for the fresh market is also important. Commercial plantings are restricted mainly to the drier areas east of the Cascades. Commercial plantings west of the Cascades are limited primarily to the Rogue River Valley.



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Healthy, Fit and Ready to Learn

■ Fruits and vegetables are foods that should be eaten often. ■ To help you eat more, fill half your plate with fruits and vegetables at each meal. ■ Eating nutritious foods like fruits and vegetables and being active can help keep you healthy and ready to learn.

