



# FAMILY NEWSLETTER



## 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 your child healthy and ready to learn.

### NUTRIENTS FOUND IN ASPARAGUS:

#### ~Vitamin A

#### ~Vitamin C

Asparagus is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risks of infection.

#### ~Vitamin E

is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

#### ~Vitamin K

#### ~Folate

#### ~Thiamin

## YOUR OREGON KITCHEN

### Quick and easy!

■ Place washed and trimmed asparagus spears on a foil-covered baking sheet. Drizzle with 1 teaspoon of olive oil.  
■ Sprinkle with minced garlic, black pepper and a pinch of salt and toss.  
■ Roast in a 400 degree oven for 10 to 15 minutes. Spears should be tender and lightly browned. ■ Serve cooked asparagus as a hot side dish, chill for a quick snack or chop and add to salads.

### Asparagus w/Lemon Sauce

This refreshing sauce is an excellent complement to fish, scallops, chicken or meat dishes!

**Preparation time:** 15 minutes

**Serves:** 4

INGREDIENTS	2 tbsp mayonnaise, fat-free
20 medium asparagus stalks, rinsed and trimmed	1 tbsp dried parsley
1 fresh lemon	1/8 tsp black pepper
	1/16 tsp salt

#### DIRECTIONS

1. Place 1 inch of water in a 4-quart sauce pan with lid.
2. Place a steamer basket inside pot and add asparagus. Cover and bring to boil over high heat.
3. Reduce to med. heat, cook for an additional 5 mins. (until asparagus is easily pierced with sharp knife).
4. While asparagus cooks, grate lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove seeds. Add mayonnaise, parsley, pepper and salt. Stir well and set aside.
5. When the asparagus is tender, remove from pot. Place asparagus in a serving bowl. Drizzle lemon sauce evenly over the asparagus. Serve.

### NUTRIENTS PER SERVING

**CALORIES: 25 • TOTAL FAT: 0g**

• SATURATED FAT: 0g • % OF CALORIES

FROM FAT: 0% • PROTEIN: 2g

• CARBOHYDRATES: 5g • CHOLESTEROL:

0mg • DIETARY FIBER: 2g • SODIUM:

100mg

Recipe adapted from the U.S. Department of Health & Human Services.

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 – 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 – 5 cups per day	3 1/2 – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more.



**FIND OUT MORE:** Visit the Oregon Department of Education Child Nutrition Programs web page at [www.ode.state.or.us/services/nutrition](http://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

### Eating Through the Alphabet

Incorporate new foods into your child's diet by making a game out of it and putting the child in charge. **Ask your child to list as many fruits and vegetables as they can that begin with each letter of the alphabet, starting with "A".** These could include asparagus, apple, avocado, etc. Some letters may be challenging (x or z for example). **Ask your child to highlight all the fruits and vegetables on their list that grow in Oregon or in your area of the state.** Is the fruit or vegetable in season now? Ask your child to choose a local, in season fruit or vegetable from their list when you go to the grocery store. If you have a home garden, plant seeds or starts of a fruit or vegetable that is new to your family.



- Emphasize the importance of having fun together while being physically active.
- Adopt a tree in your neighborhood and visit it often. Keep a journal of how the tree grows. ■ You can measure the height and circumference of the tree. Count the branches. Look for leaves, fruit or seeds.
- Take a picture of your child by the tree. See who grows more each month.

Find more ideas @  
<http://www.familyeducation.com/home/>



### Read a Book and Sing a Song Together

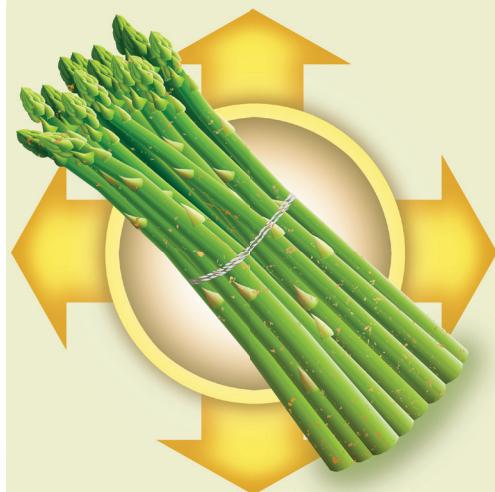
**Inch by Inch: The Garden Song** by David Mallett This picture book version of a popular song charts the faithful progress of a young boy who overcomes every obstacle, 'rock and weeds and a hungry old crow' and makes his garden overflow with bounty. Included are the song lyrics set to music for guitar and piano. Enjoy singing this song with your child.

### An Experiment with Stem Vegetables

Asparagus and celery are both stem vegetables. Inside a stem, tiny tubes act like pipes. These pipes carry water and nutrients to the different parts of the plant. You can show this with an easy experiment. Take a cup of water and add a few drops of food coloring. Place the bottom part of a celery stalk into the cup and see what happens.



### PRODUCE POINTERS



### Asparagus

- Buy firm, straight, uniformly sized spears with tightly closed tips.
- Store stalks with bottoms wrapped in a damp paper towel in the crisper section of the refrigerator.
- Use within 2 to 3 days for best quality.

### Living and Eating Green

- Save the rubber bands that hold your asparagus bundles. They are extra strong and can be used just like regular rubber bands.

### Finding it Here

The harvest season for Oregon asparagus is typically mid-April through June. The warm spring days and cool nights provide perfect growing conditions for this perennial crop. Our neighbor to the North, Washington State, produces forty percent of all the asparagus grown in the United States. Find asparagus at your local farmers market or farm stand in the spring. Out of season you can find frozen asparagus at your local grocery store.