



## is for Asparagus

- Asparagus is a member of the Lily family and is a very popular garden vegetable to grow.
- The most common varieties of asparagus are green, white and purple.
- Asparagus stalks should be firm, and the cut ends should not be too woody. Cut the woody part off before cooking.
- Asparagus is an excellent source of folate.

## Fresh Asparagus Spears

Makes 25 tastes at 1 spear each

### INGREDIENTS:

- 25 fresh asparagus spears (about 1 pound).
- 2 tablespoons lemon juice.
- 2 tablespoons water.

### SUPPLIES

- Microwave baking dish
- Plastic wrap to cover dish
- Measuring spoon, forks, and one knife

### PREPARATION

1. Be sure to remove the tough ends.
2. Wash asparagus. Place in baking dish, add water and cover with plastic wrap.
3. Microwave for 2 minutes or more until they are tender.
4. Remove and place spears on a plastic Platter.
5. Sprinkle with lemon juice before eating.

### Recipe from:

University of California Cooperative Extension, Alameda County, NETA Program, <http://neta.ucdavis.edu>

### Nutrition Information:

Calories 4, Carbohydrate 1g, Protein 0 g, Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Fiber 0 g



**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



University of California  
Cooperative Extension in Alameda County  
1131 Harbor Bay Pkwy, Ste. 131  
Alameda, CA 94502  
Ph: 510-567-6812 ■ Fax: 510-748-9644  
<http://neta.ucdavis.edu>

## Cooking in the Preschool Classroom

provides many benefits to children

- Children develop social skills.
- Children can bend and snap the woody or tough part of the asparagus.
- Ask children to help you rinse the asparagus.
- Children can help clean the cooking area.

## Food Safety and Sanitation

- Wash hands before preparing asparagus dish.
- Wash asparagus before preparing recipe.
- Be careful not to leave the hot baking dish in an area close to children's reach.

## Create a Child-friendly Environment

- Have appropriate child-sized utensils.

## Activity:

# From the Farm to the Table

Children will build connections between the farm, or supermarket, and foods they eat. They explore their imagination and use creativity while learning about how asparagus grows and travels to their table.

## MATERIALS

- Fruits and vegetables grow on trees, bushes above or under the ground. Find as many pictures as you can of these vegetables. Some examples include:

Vegetable	Plants Grow?
Potatoes, carrots, peanuts,	Underground
Asparagus, pumpkin, celery, eggplant, zucchini	Above the Ground
Tomatoes, string beans, broccoli, cabbage	Plants

- Cut large pictures of farm, grocery store, truck, farmers and schools. Find some farm animals. You can have one set for three children. Farm toys will be ideal.
- Try to build a poster tracing the trail from farm to the table.
- 2-3 asparagus spears

## WHAT TO DO NEXT?

- Show and tell:** Show some vegetables and ask children if they grow—underground, above ground, on trees, plants or bushes. Give a chance for children to guess.
- Show** the asparagus spears and ask where they grow? Asparagus spears grow straight up from the ground. People grow asparagus in their garden. But the majority of the asparagus we eat are grown on farms.

- Ask** if they know of a farm close to the school. If not, how do the vegetables get to their table? Who plants the seeds and waters the plants? Who picks the plants when they are full grown? Where do they get their vegetables? Who brings them to the store? How do they transport the produce to the store? How did the vegetables show up on their table?

- Divide children into small groups** of 3-4: Give each group a set of pictures and ask them to map a trail connecting the farm, home, school and store. Children work together and come up with an answer. After 10 minutes, gather the children back and ask them to report back.

**Hint:** Farm workers plant the seeds, care and harvest the plants. A truck picks up the produce and takes it to a distribution center where the vegetables are selected and packed. Another truck takes them to the store and they are displayed in produce areas of the store. Mom or dad buys them at the store and prepares them and serves them at their table.

- Cooking.** Children should wash their hands to help prepare the asparagus dish.

Connections to California Department of Education  
Child Desired Results: 3 Years to Pre-K

Activity: CDR 1: Language 12, 13, 14, 15; CDR 2: Learning 16, 17;  
Cognitive Competence 18, 20;

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; CDR 4:  
Safety and Health

