

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Asparagus Activity Sheet

### ACTIVITIES:

#### NJ Climate Change Standards & Connections to Agricultural Literacy

##### Pre-K-K:

- Video Jean-Yves the Asparagus

##### Lower Elem:

- Plants Tops & Bottoms

##### Upper Elem:

- Creating an Asparagus Ad

##### Middle:

- Journey 2050: Intro to Sustainable Agriculture

##### High School:

- Journey 2050: Economies

### FUN FACT:

The Greeks and Romans believed asparagus had medicinal powers and that it could cure toothaches and prevent bee stings!

#### MADE IN COLLABORATION WITH:



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### ALL ABOUT NEW JERSEY:

Asparagus is in season in the spring, during the months of April, May, and June. It is grown largely in Salem, Gloucester, and Cumberland counties.

[Tracing the Roots of NJ Asparagus](#)

### HOW DOES IT GROW:

#### How Does it Grow Asparagus Video

When you eat asparagus, you are eating the stalk or stem of the plant. Asparagus can be green, white or purple in color. The green variety is the most common in the United States. Asparagus is planted as crowns under the ground and it takes three years for the plant to mature or be ready to harvest. Asparagus is a perennial plant that comes back every year and one plant can produce asparagus for 15- 20 years.

### RECIPES:

#### • Garlic Roasted Asparagus

- Jersey Tastes! Cooking Series

#### • Veggie Tacos Ole

- Jersey Tastes! Cooking Series

#### • Asparagus Tomato Salad

- Jersey Tastes! Cooking Series

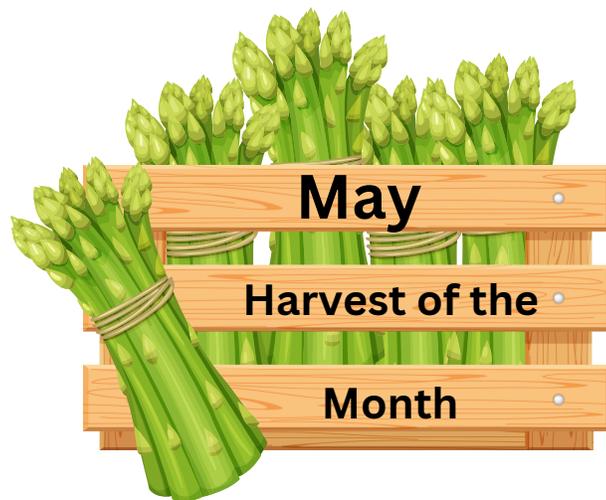
#### • Asparagus Guacamole

#### • Asparagus Salad

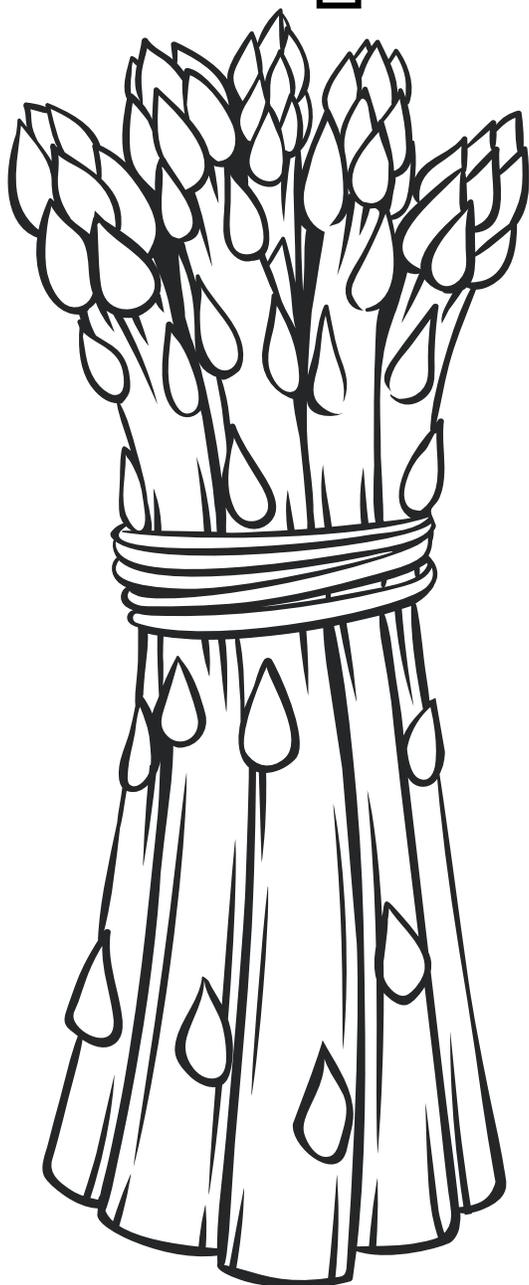
- Jersey Tastes! Classroom Tasting and Activity Sheet!

• Indicates plant-based, center of the plate meal

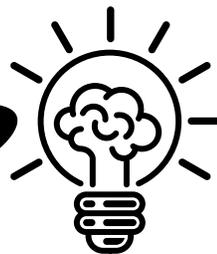
Asparagus is a good source of potassium and vitamins A & C.



# Asparagus

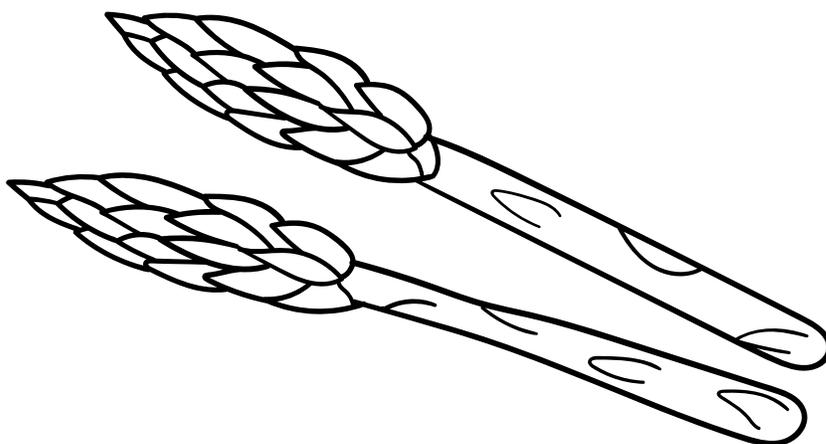


**DID YOU KNOW?**



Asparagus plants are perennials that can last up to 20 years, and their roots can grow up to 20 feet deep

INTERESTING FACT



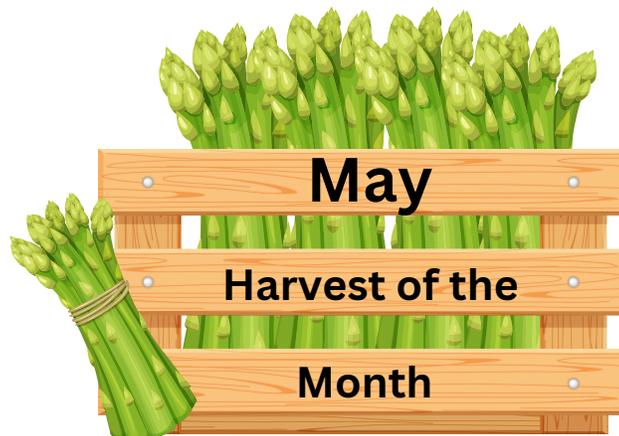


The name asparagus comes from the Greek word asparagos, which means "sprout" or "shoot".

Asparagus plants are perennials that can last up to 20 years, and their roots can grow up to 20 feet deep.

Asparagus can be green, white, or purple

In warm weather, asparagus spears can grow up to 7 inches in a single day.



Asparagus can be cut once it is 6 inches.  
Use the ruler to measure and decide which stalks are ready to be harvested.

