

JERSEY TASTES! ACTIVITY SHEETS

Amazing Asparagus



ACTIVITIES:

Pre-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:

- [Article: "South Jersey farmers say Americans need to start buying local produce or they won't survive"](#)

FUN FACT:

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

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



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: Garlic Roasted Asparagus](#)

[Veggie Tacos Ole](#)

- [Jersey Tastes! Cooking Series: Veggie Tacos Ole](#)

[Asparagus Guacamole](#)

[Asparagus Tomato Salad](#)

- [Jersey Tastes! Cooking Series: Asparagus Tomato Salad](#)



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