

Farm to School

ASPARAGUS

History

Asparagus' name comes from the Greek word *aspharagos*, which means to “sprout” or “shoot.”

Nutrition

Asparagus has vitamin E, an antioxidant that protects the body's cells.



Growing and Harvest



- It takes about 3 years for an asparagus plant to go from seed to producing high quality shoots– then the plants can live for 15-20 years.
- First the asparagus sprouts out of the ground and then grows a little taller each day
- An asparagus spear is harvested when it is 4-6 inches tall and still tender
- After the spears are no longer tender, the farmer lets it continue to grow until they look like little bushes!

Your asparagus were grown by:

**Fifer Orchard
in Camden, DE**



Activity

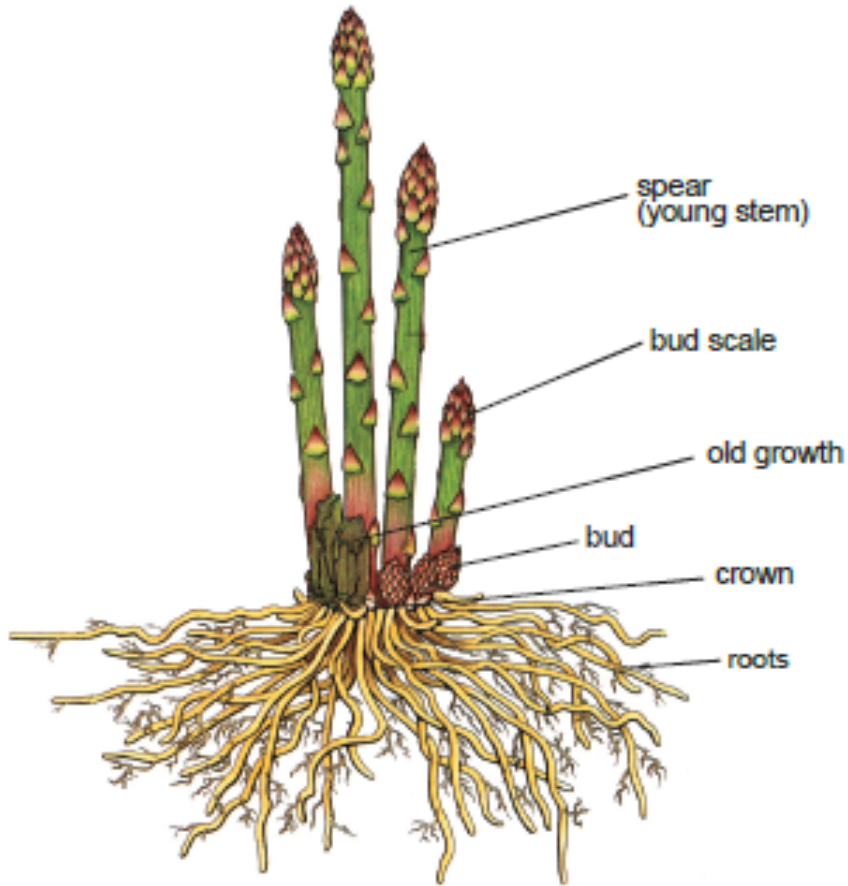
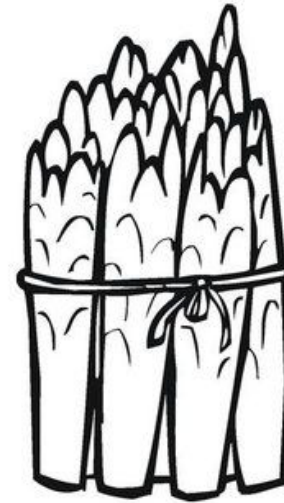


Image adapted from: *Stinky and Stringy: Stem & Bulb Vegetables*,
Meredith Sayles Hughes, 1999.



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