

TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on asparagus. Here is some information on asparagus.

What Is Asparagus?

Asparagus is a long, green vegetable with pointy tips. It can be green, purple, or white. It's one of the first veggies to grow in spring—known as a spring vegetable. **Read trivia for the week.**

How Does Asparagus Grow?

Asparagus grows from the ground in long, thin stalks called spears. It can grow super fast—up to 10 inches in a single day! It's a perennial, meaning it grows back every year once planted. Wild asparagus can turn into tall, fern-like plants when unharvested. **Read trivia for the week.**

Fun Asparagus Facts

People have eaten asparagus for over 2,000 years—originating from Europe, Asia, and Africa. Asparagus can make your pee smell funny (a well-known side effect!). Some asparagus plants can live more than 15 years. **Read trivia for the week.**

Health Benefits of Asparagus.

Asparagus is rich in vitamins A, C, and K. It is a good source of fiber and potassium—great for digestion and overall health. Eat it steamed, roasted grilled or raw. It is commonly eaten in pasta, stir-fry, or served as a side with butter and cheese. **Read trivia for the week.**

Asparagus in South Dakota

Locals enjoy “ditch hunting” for asparagus along roadsides and fence lines. Look for dried, tumbleweed-like stalks in spring—new spears grow at their base. They thrive in damp, undisturbed soil. **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

