

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **asparagus**



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Six large asparagus spears are equal to about one cup of vegetables. One cup of asparagus is an excellent source of vitamin A and vitamin K. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Healthy Serving Ideas

Boil asparagus in a small amount of water until tender.



Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.



Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.†



Shopper's Tips

- Look for firm, bright green stalks with tightly closed tips.
- Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days.
- Make sure asparagus tips stay dry during storage.

Let's Get Physical!

Team sports are a great way to socialize and stay active at the same time. Check out your local community center for a sports team or start one at work or your place of worship.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with all your meals and snacks throughout the day to reach your total daily needs!

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

For more recipes and tips, visit:
www.cachampionsforchange.net
www.calasparagus.com

† Photography courtesy of California Asparagus Commission.

