

Jersey Tastes!

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



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](#)

Asparagus Activity Sheet

ACTIVITIES:



[NJ Climate Change Standards & Connections to Agricultural Literacy](#)

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:

- [Journey 2050: Economies](#)

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](#)



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