

Michigan Harvest of the Month



Michigan Nutrition Network at™
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

asparagus



Health and Learning Success Go Hand-in-Hand

Start a garden to grow your own fruits and vegetables. This will help you eat more fruits and vegetables and be more active. Eating nutritious foods like fruits and vegetables and being active can also help your child do better in school. Use Michigan Harvest of the Month™ to help your family learn and practice lifelong healthy habits.

Produce Tips

- Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
- Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.
- Purchase asparagus in the spring to save money.

Healthy Serving Ideas

- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving.

Cook time: 50 minutes

Ingredients:

- nonstick cooking spray
 - 1 cup chopped baby carrots
 - 1 cup chopped eggplant
 - 1 cup chopped asparagus
 - 1 teaspoon vegetable oil
 - 2 cloves garlic, chopped
 - 4 teaspoons dried basil
 - 1 cup chopped mushrooms
 - 1 small zucchini, chopped
- Preheat oven to 450° F.
 - Spray a roasting pan with nonstick cooking spray.
 - Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
 - While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
 - Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
 - Add roasted vegetables to the pan and sauté 5 minutes more.

Nutrition information per serving:

Calories 50, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*



Nutrition Facts

Serving Size: ½ cup cooked asparagus (90g)	
Calories 20	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

How Much Do I Need?

- A ½ cup of cooked asparagus is about six asparagus spears.
- A ½ cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
- Asparagus is also a source of vitamin E.
- Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.
- Other good or excellent sources of vitamin E are cooked spinach, nuts, oils, sunflower seeds, and wheat germ.

The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Look at the chart below to find out how much your family needs. Make a list of your family's favorite fruits and vegetables. Try to add these to meals and snacks to help your family reach their goals.

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.choosemyplate.gov to learn more.

Let's Get Physical!

- Spend family time in the garden — planting, raking, pruning, and digging.
- Walk to a local farmers' market. Find new fruits and vegetables.

For more ideas, visit: www.kidsgardening.com/family.asp