

VEGETABLE of the MONTH

Cooking for Kids

Baked Asparagus Fries

Ingredients:

- 1 cup Panko or breadcrumbs
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- 1-pound asparagus, trimmed
- 1/4 cup all-purpose flour
- 2 large eggs, beaten

Directions:

- Preheat oven to 425 degrees F
- Lightly oil a baking sheet
- In a large bowl, combine breadcrumbs, parmesan, salt and pepper. Set aside.
- Working in batches, roll asparagus in flour, dip into eggs, then roll in breadcrumb mixture, pressing to coat.
- Place asparagus in a single layer onto the prepared baking sheet and bake for 10-12 minutes, or until golden brown and crisp.
- Serve immediately.

Recipe by Chungah Rhee,
Recipe Blogger

Books

Kindergarten

Happy Veggies by Mayumi Oda

Grades 1-6

The Mighty Asparagus by
Valdimir Radunsky

May

The Sparrow Grass Asparagus



Just the Facts

→ Asparagus is an ancient vegetable which originated in Europe and Western Asia.

→ A recipe for cooking asparagus is in the oldest surviving cook book.

→ Emperor Augustus created the "Asparagus Fleet" for hauling the vegetable and coined the expression "faster than cooking asparagus" for quick action.

→ Washington State is amongst the top growers of asparagus in the United States, along with California and Michigan.

→ Asparagus stalks are good source of folate, vitamin A, E, K & and C – a nutrition powerhouse!

→ Prime asparagus season is in spring from February to June with April & May being the most active harvest months in the northern hemisphere.



Did You Know?

This month you can enjoy asparagus at school! Check your menu to see what days it will be offered!



Created by: The EPS Food & Nutrition Department

Activity: Asparagus

Help the Roman Asparagus Fleet find their way to the asparagus!

