

Growing UP ...in Ontario!

**APPETIZING
ASPARAGUS!**

Is asparagus grown in Ontario?

Yes! In fact, 85% of Canada's asparagus is grown in Norfolk County in Southern Ontario. There are 125 Asparagus Growers in Ontario producing approximately 2,000 acres of asparagus.

When is asparagus available?

Asparagus is the first vegetable of spring. Look for Ontario grown asparagus from May to June.



PICTURE THIS!

The picture above shows asparagus being sorted and graded by their diameter. Spears are separated into 4 groups: skinny, regular, large and jumbo sizes. At the end of harvest, spears grow into tall ferns. These ferns give energy to the roots so more spears will grow the following season.

SNACK FACTS!

• Asparagus can grow between 20-25 cm on a warm night! • Asparagus are a member of the lily family and were first grown over 2,000 years ago in the eastern Mediterranean region. • The name, asparagus, comes from the Greek language and means "sprout" or "shoot."



**Don't forget to
wash your hands
before you eat!**

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Foodland Ontario (2008); Ontario Federation of Agriculture (2007); Western Growers Association (2006)

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PRODUCE POINTERS

- Choose asparagus with straight, crisp spears and green or purple tips.
- To keep asparagus fresh, stand it straight up in a jug of water or wrap stem ends in damp paper towels, then cover the entire bunch with plastic wrap.
- When preparing asparagus, wash with cold water then snap off and throw away the ends before eating or cooking.

Source: Foodland Ontario (2008)

CREATIVE CORNER

Draw a picture to show what you enjoy most about the Fruit & Vegetable Program at your school.

SNACK SCRAMBLE!

yill _ _ _ _ _

Hint: Asparagus are members of this family

rklnooof unytco

Hint: Area where most of Canada's asparagus is grown.



Students:

Have you completed the Snack Scramble? Do you know how your asparagus were grown? Read "Picture this!" to learn more!

Parents:

Looking for curriculum-linked information to support your healthy eating lesson plans? Refer to "What You Need to Know in the Classroom" in section 2.3 of *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools.

Teachers:

Looking for a new healthy recipe for your next meal? Visit <http://www.foodland.gov.on.ca/english/recipes.html> for more information.

Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. You can be a Mountain Climber! Starting in a push up position on the floor, alternately bring your knees up to your chest.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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Paint your plate.
Create a masterpiece.

For recipes and more information, visit:
www.eatrightontario.ca
www.foodlandontario.ca
www.vhfoods.ca