

# 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

# 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!

