

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **asparagus**



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

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. A ½ cup of cooked asparagus is about six asparagus spears. Asparagus is also a source of vitamin E. This vitamin is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10-19% Daily Value.

†Photography courtesy of California Asparagus Commission.

Healthy Serving Ideas

Boil asparagus in a small amount of water until tender, or 5 to 8 minutes.



Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.



Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.†



Shopper's Tips

- Look for firm, bright green asparagus with tightly closed tips. Avoid limp spears.
- Wrap the ends of asparagus spears in a damp paper towel. Put in a plastic bag. Keep in the refrigerator for up to three days.

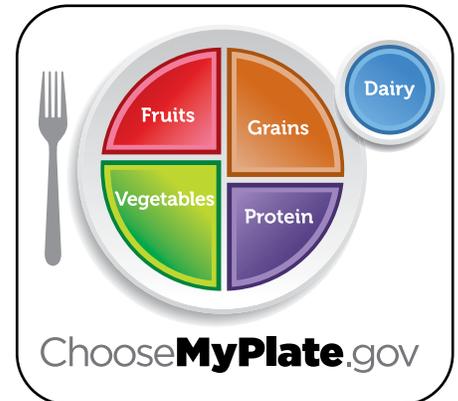
Let's Get Physical!

Team sports are a great way to be social and be active. Check your local community center for sports teams. Or, start a team at work or your place of worship.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net



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