



Child Nutrition Program  
JUNE 2022 Harvest of the Month Recipe

## Summer Asparagus Salad



This is a perfect salad for summertime! It comes together with a few simple ingredients and can be easily made ahead and kept in the refrigerator.

### Ingredients

- 1 bunch of asparagus, ends trimmed.
- 1 cup of diced tomatoes
- 1/4 cup sliced red onion
- 1/4 cup sliced black olives

### Directions

1. Steam the asparagus until just tender. Drain it into a serving bowl and allow it to cool for about 10 minutes.
2. Meanwhile, chop the tomatoes and the onion. Place the dressing ingredients in a medium bowl and whisk them until they emulsify into a velvety dressing.
3. Add the tomatoes, the onions and the olives to the serving bowl and gently mix. Then pour the dressing on top and mix again. Be gentle so that the delicate asparagus heads remain intact.
4. Serve the salad immediately, or cover and keep it in the fridge until ready to serve. Remove it from the fridge 15 minutes before serving and gently toss again.

### Dressing

- 1 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- 1 tsp. minced fresh garlic
- 1 tsp. Dijon mustard
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper



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### Asparagus Varieties



#### GREEN ASPARAGUS

The classic asparagus with a mild, earthy flavor. These are delicious roasted, sautéed, grilled or eaten raw.

#### WHITE ASPARAGUS

Mild and delicate in flavor with a slight bitterness, they can be cooked just like green asparagus.

#### PURPLE ASPARAGUS

Purple asparagus have a slightly sweet and nutty flavor, and are delicious roasted or pan seared.

### Fast Facts

The majority of asparagus grown in the United States is grown in California, Washington and Michigan.



White asparagus does not develop any color because it is not exposed to sunlight. Ensuring the stalks stay white takes a lot of time and work!

The National Asparagus Festival is held every June in Oceana County, Michigan.

China devotes the most land to growing Asparagus. Peru comes in second and the U.S. is third with 14,400 hectares devoted to asparagus.

### IDEA Farm News

IDEA Public Schools will have 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Innovation

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve



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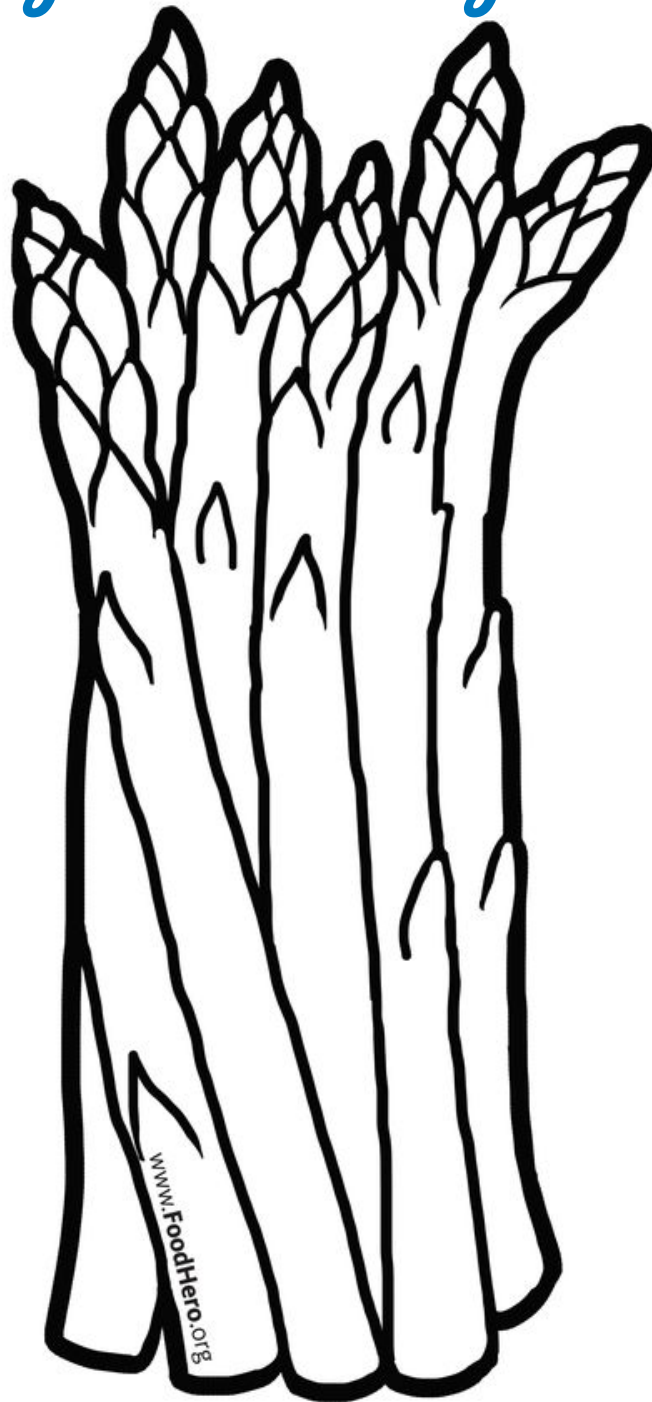




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# Asparagus Coloring Activity



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## Child Nutrition Program JUNE 2022 Harvest of the Month

# Asparagus Word Search

Directions:

Find the ASPARAGUS related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

JUNE  
ASPARAGUS  
WHITE  
STALKS

HARVEST  
HEALTHY  
GREEN  
WHITE

CRUNCHY  
VITAMINS  
FOLATE  
DELICIOUS

D	F	Y	D	I	Q	J	V	U	F	R	M	B	N	J	I	E	X	D	F
G	M	R	H	Q	D	U	P	I	U	Y	A	H	E	L	T	M	E	V	O
L	T	P	I	T	N	Y	E	T	T	G	F	K	I	I	L	L	A	X	L
J	U	N	E	Y	L	L	V	L	J	A	Z	J	H	X	C	E	T	D	A
H	N	E	L	B	W	A	Q	L	R	M	M	W	M	I	I	T	Y	C	T
B	Y	X	B	W	H	X	E	V	W	S	M	I	O	G	D	Y	Y	N	E
I	D	A	Q	E	I	J	B	H	T	P	O	U	N	B	N	E	M	X	V
S	C	X	S	M	T	P	G	A	S	O	S	V	G	S	E	M	O	T	V
S	K	E	T	P	E	S	L	B	P	X	O	J	B	X	E	H	I	X	Q
Q	P	C	C	N	A	K	N	V	L	Z	X	L	C	H	R	F	O	S	B
S	S	G	W	O	S	R	Y	Y	E	V	B	D	F	C	G	B	W	O	L
C	R	U	N	C	H	Y	A	C	T	S	E	V	R	A	H	Q	Q	K	G
V	A	G	E	L	T	A	W	G	E	X	R	S	K	A	N	A	B	H	T
M	Z	A	E	I	U	U	I	A	U	I	V	C	X	W	E	P	E	K	H
B	V	W	Q	G	Q	V	X	I	S	S	H	B	H	Q	L	Q	W	Y	S



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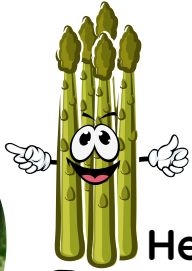






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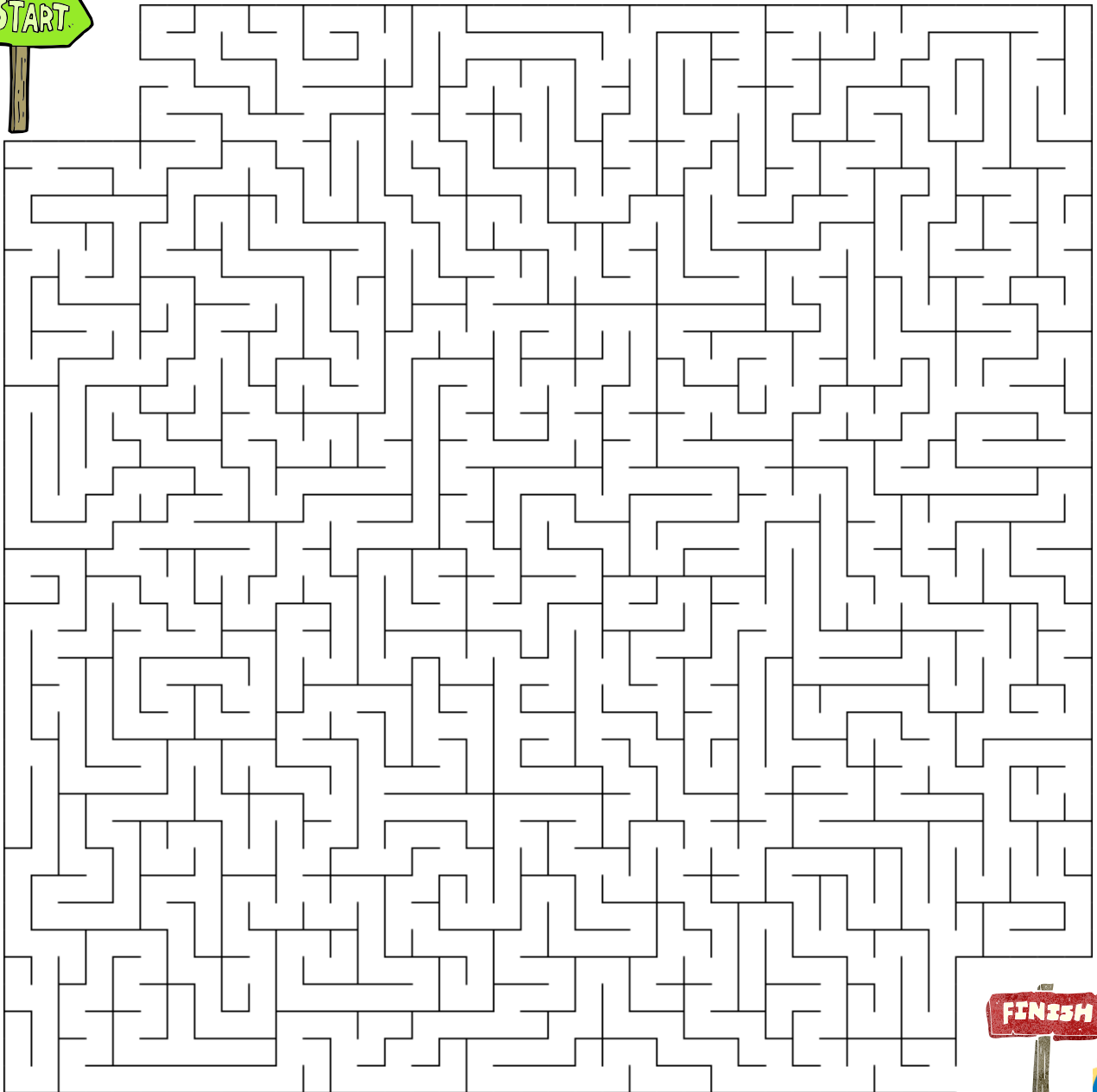
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# Asparagus Maze

**Directions:**

Help Arthur Asparagus find their way to the finish line!



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# Asparagus Word Scramble

Directions:  
Unscramble the JUNE Related Words!

Scrambled Word

Unscrambled Word

1. JNUE

\_\_\_\_\_

2. PASUASGRA

\_\_\_\_\_

3. EHWTI

\_\_\_\_\_

4. LKSTSA

\_\_\_\_\_

5. ERHSTVA

\_\_\_\_\_

6. HTEALHY

\_\_\_\_\_

7. NGEER

\_\_\_\_\_

8. YCHNURC

\_\_\_\_\_

9. TIVASNIM

\_\_\_\_\_

10. LFOEAT

\_\_\_\_\_

11. SDUCILEO

\_\_\_\_\_

12. ELUPRP

\_\_\_\_\_

13. ISUSHENN

\_\_\_\_\_

Answer Key

1. JUNE
2. ASPARAGUS
3. WHITE
4. STALKS
5. HARVEST
6. HEALTHY
7. GREEN
8. WHITE
9. CRUNCHY
10. VITAMINS
11. FOLATE
12. DELICIOUS
13. PURPLE
14. SUNSHINE



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