

Did you know...?

- ◆ Asparagus is a flowering perennial plant. It is part of the Lily family.
- ◆ Asparagus spears are grown from a crown that is planted in the soil.



- ◆ Asparagus is an excellent source of folate. Folate is an essential nutrient for repairing the lining of our digestive system, maintaining metabolism and promoting reproductive health.
- ◆ Asparagus is related to onions, leaks and garlic.
- ◆ Asparagus grows in purple, green and white varieties.
- ◆ Asparagus season is typically 2-3 months long. In Wisconsin, asparagus is harvested from late April through mid-June.
- ◆ Michigan leads the nation's asparagus production.
- ◆ Ancient Greeks & Romans cultivated asparagus for both food and medicinal remedies.



Marshview Farm, owned and operated by Bruce and Jane Zinkle since 1988, is located in the Wisconsin River Valley just west of Wauzeka in Crawford County. Bruce and Jane have over 25 years of experience growing and marketing fresh, organically grown produce. They pride themselves in sustainable, organic production methods with special attention to soil fertility, timely harvesting and consistent post-harvest handling procedures. Marshview Farm specializes in organic asparagus, currently using 4 acres for production. You can find Marshview Farm produce at the Dane County Farmers' Market in Madison, the Prairie Street Farmers' Market in Prairie Du Chien, at a number of restaurants in the Prairie Du Chien, McGregor and Marquette and at Driftless Edibles in Prairie Du Chien.

This month we will be tasting fresh Marshview Farm asparagus in our classrooms!



Form more information please visit:

www.marhviewfarm.com



Recipe by: Kevin Lynch

Crispy Baked Asparagus Fries

Ingredients

- 1 1/2 pounds asparagus
- 1/2 cup all purpose flour
- 2 eggs, lightly beaten
- 3/4 cup panko breadcrumbs
- 1/4 cup grated parmesan
- Salt & Pepper to taste

Instructions

- Mix together panko, parmesan, salt and pepper.
- Dredge asparagus in flour, dip in egg, then coat in panko/parmesan/salt/pepper mixture.
- Place asparagus in a single layer on a wire rack on a baking sheet.
- Bake at 425F until golden brown, about 7-13 minutes.

Look for the Harvest of the Month display in your local grocery store, complete with recipe cards provided by Crossing Rivers Health!

Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit www.driftlesswisconsin.org for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.