



## HARVEST OF THE MONTH

Wisconsin Grown Foods

# ASPARAGUS

A tall plant of the lily family with fine feathery foliage, cultivated for its edible shoots.



## ASPARAGUS FACTS

- Asparagus stalks are a good source of folate, vitamin A, and vitamin C.
- Asparagus cannot be harvested until 3 years after it is planted.
- Asparagus plants can live up to 15 years.
- Asparagus comes in a variety of colors – green, white and purple.
- Asparagus is one of the few fresh vegetables grown in Wisconsin that is a perennial.

## GARLIC PARMESAN ROASTED ASPARAGUS

### Ingredients:

½ pound fresh asparagus  
3 cloves garlic, minced  
2-3 Tbsp. parmesan cheese  
½ tsp. salt  
½ tsp. fresh ground black pepper  
Olive oil

### Directions:

1. Preheat oven to 425 degrees F.
2. Rinse asparagus and trim off woody end pieces. Spread out in a thin layer on top of a cookie sheet lined with aluminum foil.
3. Lightly coat asparagus with olive oil. Sprinkle with salt, pepper, garlic and Parmesan cheese.
4. Gently toss to ensure the asparagus is well-coated.
5. Roast for 8 minutes and enjoy!