



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



In season:



Spring

Asparagus

Lakota: hust'ola

Preschool Lesson Plan

Objectives

Participants will:

- identify asparagus as a vegetable and the part of the plant that asparagus comes from.
- increase knowledge in harvesting, cleaning and use of asparagus.
- demonstrate use of asparagus in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant Visual
- Asparagus visuals
- Actual asparagus if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Easy Asparagus Soup

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Blender Use and Safety
- Stove Top Safety
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Storing leftovers

Supplies for Asparagus Lesson

- Easy Asparagus Soup
 - » Can opener
 - » Liquid measuring cup
 - » Blender
 - » Sauce pan
 - » Mixing spoon
 - » Stove top or electric burner

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> This vegetable is part of the family that is closely related to onions and leeks. It can grow wild along roadsides and railroad tracks and can be found in most states. Individual pieces of this are called spears. <p>(Answer: Asparagus.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of asparagus.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruit each day. Kindergarteners should be eating 1 ½ cups of fruit a day.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster.
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think an asparagus is? (Answer: Stem.)</p> <p>Do you know why plants need stems? (Answer: They provide support for the plants food and water to travel up the stem to get to the other parts of the plant.)</p>	<ul style="list-style-type: none"> Show Parts of the Plant visual. Point to the fruit. Call on someone who would like to answer.
<p>When you plant asparagus, you have to wait three years before you can harvest it. If they're properly cared for, the plant can last 25-30 years!</p> <p>Asparagus should be planted as soon as the ground is thawed in the spring. Usually people plant one year old plants, but you can plant asparagus seeds as well. The spears are ready for harvest May through June.</p> <p>Asparagus can either be white, violet-green, pink or purple.</p>	<ul style="list-style-type: none"> Show the asparagus visual or an actual asparagus.
<p>When purchasing asparagus, look for bright green asparagus. The stems should be firm (not bendy). Avoid buying asparagus that is yellow or has dry tips, this means they are old.</p> <p>Buying fresh asparagus when it's in season will get you the best price. Asparagus can also be found in a can or frozen.</p>	
<p>Why should we eat asparagus? (Answers: Low in calories, high in vitamin A and vitamin C, folate and fiber.)</p>	<ul style="list-style-type: none"> Discuss the benefits of eating asparagus.

What You Say:	What You Do:
<p>What are the different ways you can eat asparagus? (Answers: Raw, pickled, steamed, grilled, boiled, roasted, put in casseroles salads, or soups.)</p> <p>Asparagus does not take long to cook, and if overcooked it can become mushy. If boiling, place in boiling water, cook for 2 ½ to 3 minutes. If steaming, for 5-7 minutes.</p>	<ul style="list-style-type: none"> • Discuss different ways to eat asparagus.
<p>What do we need to do before using asparagus? (Answer: Wash it.)</p> <p>Wash asparagus under cool running water, trim an inch from the stem, or you can snap off the tough ends by holding the top ½ of the spear in 1 hand and the bottom ½ between your thumb and pointer finger, bend the spear until it snaps into 2 pieces.</p>	<ul style="list-style-type: none"> • Discuss benefits of eating asparagus, use Asparagus Nutrition Information sheet as a reference.
<p>Are you ready to try out an asparagus recipe?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash hands.)</p>	<ul style="list-style-type: none"> • Call on someone to answer. • This is a good time to review the Handwashing skill sheet.

Use this page if you are going to prepare Easy Asparagus Soup

Equipment List

- Can opener
- Blender
- Mixing spoon
- Liquid measuring cup
- Sauce pan
- Stove top or electric burner

What You Say:	What You Do:
<p>Today we are going to make Easy Asparagus Soup. If we look at the ingredients in this recipe, how many food groups do we have?</p> <p>(Answer: 2 – vegetable and dairy.)</p> <p>This recipe uses canned asparagus. When we use canned food, we need to wash the can lids off before opening. Do you know why?</p> <p>(Answers: There may be dirt on the lid, we don't know where they've been or what may have crawled across the top of them.)</p>	<ul style="list-style-type: none"> Call of someone who would like to answer.
<p>We are also going to use a blender and the stove for this recipe.</p>	<ul style="list-style-type: none"> Go over Blender Use and Safety and Stove Top Safety skill sheets.
<p>Next, we are going to cut the potatoes into cubes. We will be using a knife and cutting board.</p>	<ul style="list-style-type: none"> Go over Knife Safety and Cutting Board skill sheet.
<p>If we have leftovers from this recipe, what should we do with them?</p> <p>(Answer: Place in a container with a lid in the refrigerator within two hours.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>Are we ready to try the recipe?</p> <p>What's the first thing we need to do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> Review Handwashing skill sheet.

Visuals



Asparagus in the ground



Mature asparagus plant



Fresh asparagus



White asparagus

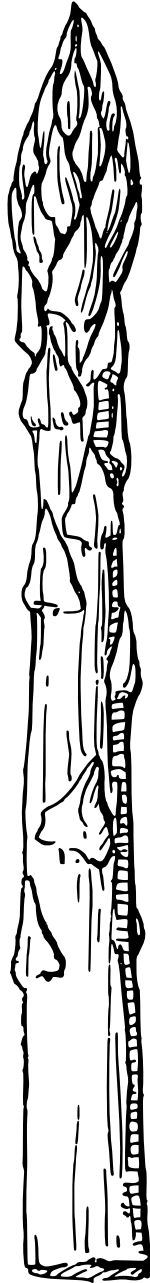
Asparagus Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Asparagus, raw	5 medium spears	16	1.7	605	5	162	42
Asparagus, cooked	5 medium spears	16	1.5	754	6	168	112
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

ASPARAGUS



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.

© 2024, South Dakota Board of Regents

Asparagus Sources

Information

- UNM Prevention Research Center. "Nutrition Curriculum Module 8 Asparagus." (2012). digitalrepository.unm.edu/chile-plusmod8nc/2
- extension.illinois.edu/gpe/case1/c1facts2b.html
- extension.purdue.edu/foodlink/food.php?food=asparagus

SD Harvest Calendar

- pickyourown.org/SDharvestcalendar.htm

How long to store

- foodsafety.gov/keep/foodkeeperapp/index.html

How to store

- fruitsandveggies.org/fruits-and-veggies/asparagus/

Cooking Glossary

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

Fruit and Vegetable Nutrition Facts Chart

- static.maclester.sidearmsports.com/custompages/Deno_Videos/nutrition/fruit_and_vegetable_chart.pdf

Daily Nutrition Goals

- Table A3-2: Healthy U.S.-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components: dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

Lakota translation

- Translated by Jeshua Estes

Photo credit

- Asparagus: By Rasbak – Own work, CC BY-SA 3.0, commons.wikimedia.org/w/index.php?curid=223975

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.

© 2024, South Dakota Board of Regents

S-0001-04



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Spring

Asparagus

Lakota: hust'ola

Pick it!

Choose firm, closed stalks with green to purplish tips.

Stems should be smooth and even in color.

Avoid dry stem ends and wilted spears.

Thick or thin stems are both acceptable, similar sizes cook more evenly.

To store, trim stems and stand stalks in a glass of 1-2 inches of water.

Cover with a plastic bag and use within 2-3 days.

Try it!

Asparagus can be steamed, boiled, grilled or roasted; add it to salads, pasta dishes, stir-fries or eaten cold with a dip.

The key to perfect asparagus is to cook it briefly.

Cook it as soon as possible to avoid loss of flavor and moisture.

To remove the ends, hold each end and bend until the spear breaks in 2.

The tougher bottoms can be saved for soups or stocks.

Types of Asparagus

Green: Most are green, also grows wild, ranges from pencil-thin to very thick

White: Sunlight deprived stalks, milder and more delicate, mostly available canned, in jars

Purple: Very thick and substantial stalk, not common



Did you know...

Iron is a mineral that our bodies need to make red blood cells, muscles and carry oxygen in the body. Few veggies are high in iron.

Like it!

Sautéed Asparagus with Mushrooms

Ingredients

- 1 pound asparagus, trimmed
- 1 teaspoon salt
- 1 ½ Tablespoons extra virgin olive oil
- ½ cup fresh mushrooms, sliced
- 1 teaspoon fresh thyme, chopped or ½ teaspoon dried
- Freshly ground black pepper to taste

Directions

1. In large skillet, bring 2 inches of water to boil with salt. Prepare ice water, set aside.
2. Add asparagus to boiling water, cook 4-5 minutes, until barely tender. Remove spears, place in ice water. Let cool, drain and set aside.
3. In same skillet, heat oil over medium-high heat. Add mushrooms, asparagus, thyme, salt and pepper to taste.
4. Cook until mushrooms are wilted and asparagus is heated through, 3-4 minutes.
5. Serve warm or chilled.

Yields 4 servings

Nutrition Facts per Serving:
Calories 70, Fat 5g, Cholesterol 0mg, Sodium 0mg,
Carbohydrates 5g, Fiber 2g, Sugar 2g, Protein 3 g

Sources: urbanext.illinois.edu/veggies/asparagus.cfm

Easy Asparagus Soup

Ingredients

- 1 (15 ounce) can asparagus
- 1 (14.5 ounce) can chicken broth
- ½ cup non-fat milk (optional)
- Salt and pepper to taste

Directions

1. Blend the asparagus (with liquid in the can) in blender until it is completely smooth.
2. Heat asparagus and chicken broth in a saucepan over medium heat.
3. Stir in milk (if using) and bring to simmer.
4. Add salt and pepper to taste.
5. Serve and enjoy.

Yields 4 servings

Nutrition Facts per Serving:
Calories 35, Fat 1g, Cholesterol 0mg, Sodium 700mg,
Carbohydrates 5g, Fiber 1g, Sugar 2g, Protein 3g

Sources: digitalrepository.unm.edu/chile-plusmod8nc/2

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
extension.sdstate.edu**

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-04

© 2024, South Dakota Board of Regents