Eat Asparagus

Snack Idea:

Boil asparagus in a small amount of water until tender.

Produce Tip:

Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag.

Health Tip:

An excellent source of vitamin A which helps maintain good vision.

For *CalFresh* information, call 530-225-5767. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health.

Network for a Healthy California Harvest of the Month

cal fresh BETTER FOOD FOR BETTER LIVING

CHAMPIONS for CHANGE Network for a Healthy California