



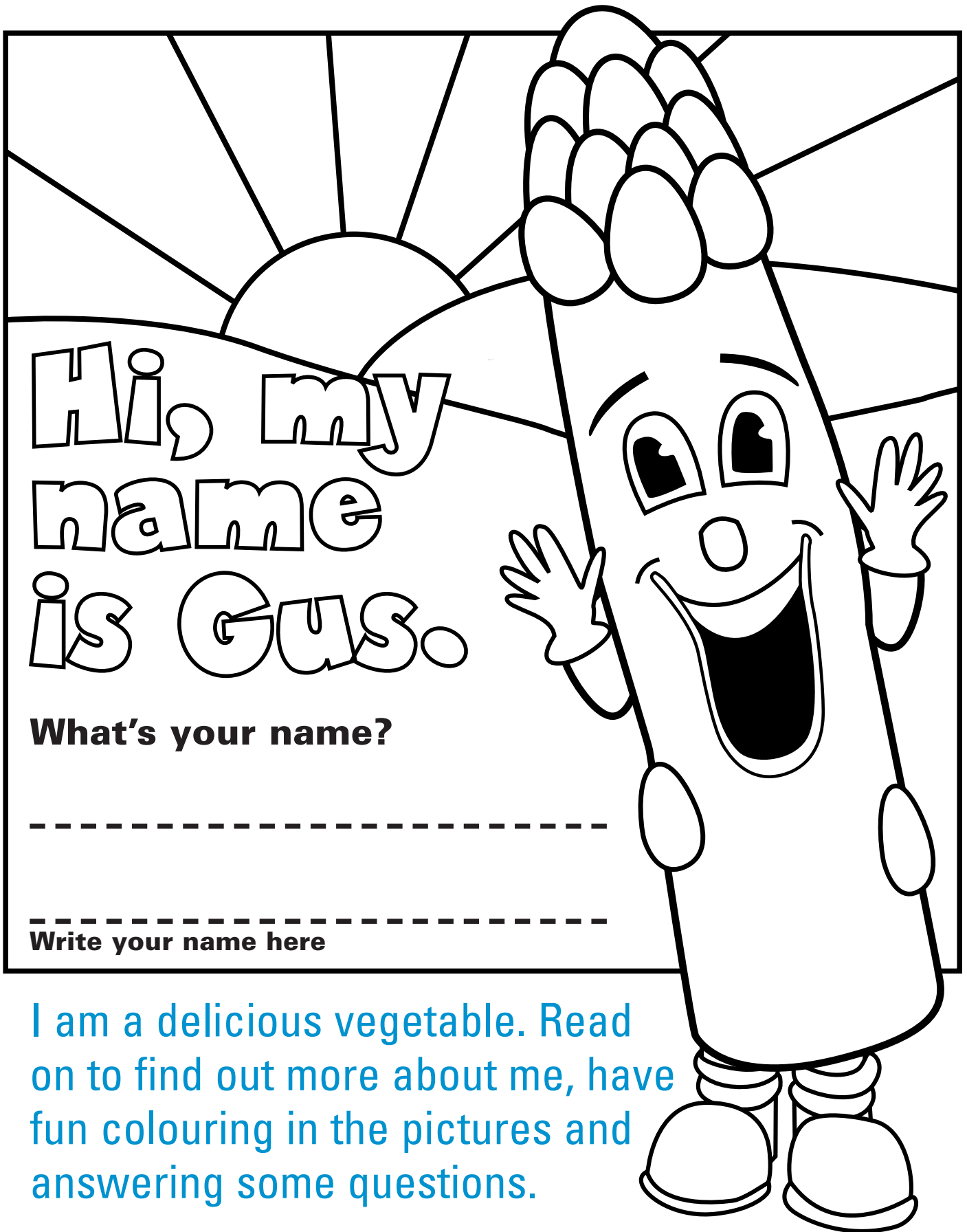
**Fun with**

# **GUS**

# **Asparagus**

**Proudly brought to you by the:**

- Australian Asparagus Council
- Cardinia Shire Council
- Victorian Government



Hi, my  
name  
is Gus.

What's your name?

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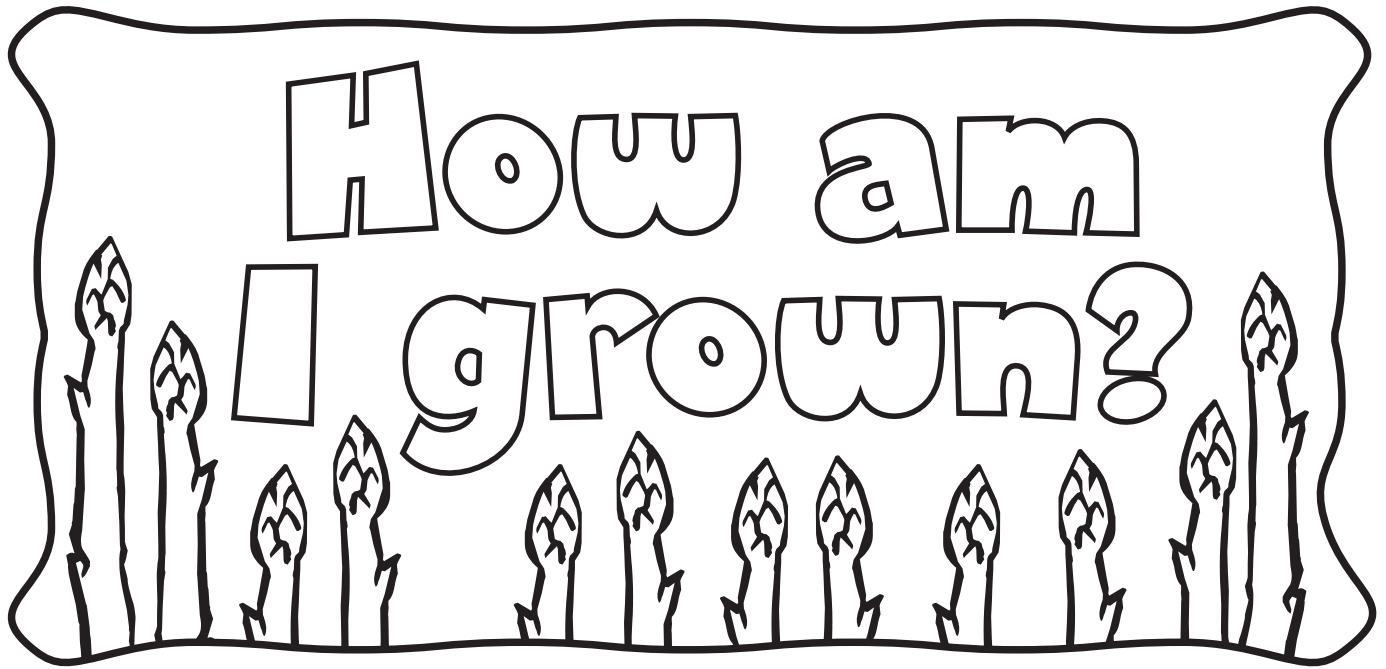
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Write your name here

I am a delicious vegetable. Read on to find out more about me, have fun colouring in the pictures and answering some questions.

You can find this FREE booklet in the Fact Sheets section of our website **asparagus.com.au**

© Australian Asparagus Council  
P.O. Box 150, Koo Wee Rup, Victoria 3981

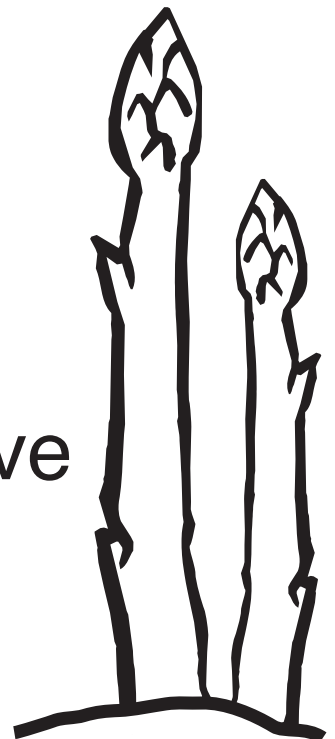


Asparagus grows from under the ground. I grow from a fleshy root system known as a **Crown**.

In **Spring** the crown sends up shoots. These shoots are the asparagus spears that we eat.

I am a fast growing plant. With the right conditions, I can grow 1-2cm per hour!

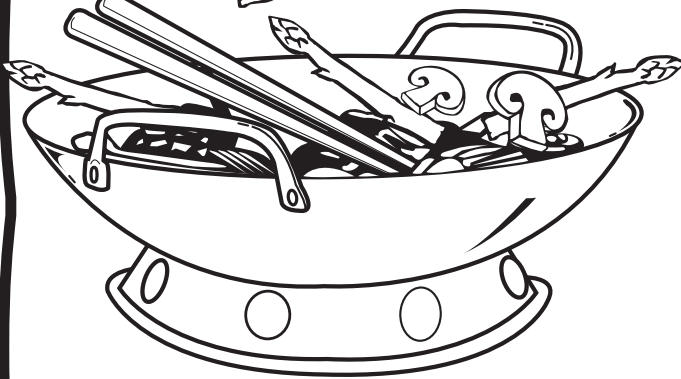
I grow from a C \_ \_ \_ \_  
under the ground. I grow above  
the ground in S \_ \_ \_ \_ .



# Asparagus is YUMMY!

Here are some of the ways I like to eat asparagus.

In  
Stir-Fries!



In  
Soup!



Fresh!



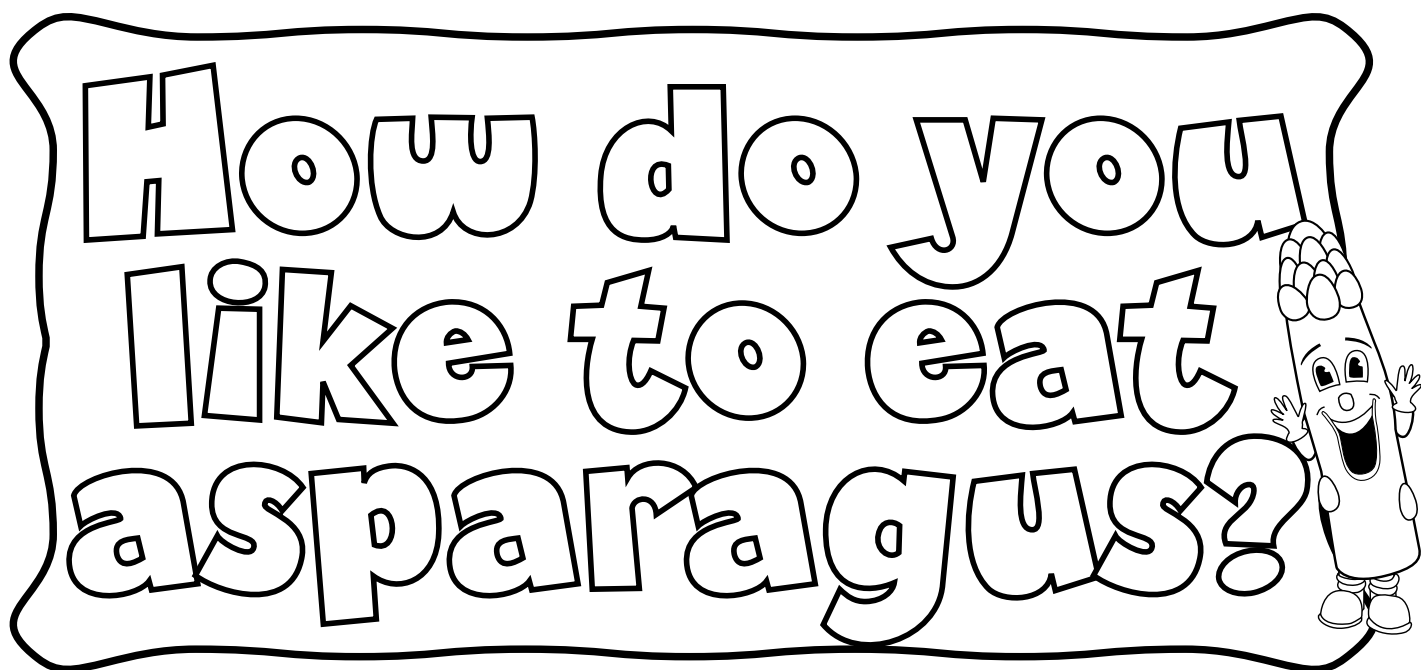
As a  
Dipper!



On  
Pizza!



I like to eat asparagus in S \_ \_ \_ -  
F \_ \_ \_ \_ , in S \_ \_ \_ ,  
F \_ \_ \_ \_ , as a D \_ \_ \_ \_ \_ ,  
and on P \_ \_ \_ \_ .



Ways I like to eat asparagus:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

You may like to draw your favourite ways to eat asparagus here.



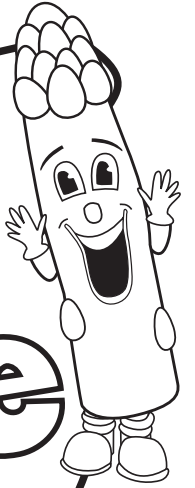
I am full of goodness to make you strong and healthy!

Eat lots of **Vegetables** like asparagus and grow big and strong like me!

I contain vitamin C, B vitamins, folate, potassium and dietary fibre.

Eat lots of V \_ \_ \_ \_ \_  
like asparagus and grow big and strong like me!

# Meet my friends the Growers!



The Australian Asparagus Council is a group of asparagus growers in the Koo Wee Rup/Dalmore area of south-eastern Victoria and in the Sunraysia area of north-western Victoria.

They grow over 95% of Australia's fresh asparagus!

To find out more about:

- My friends the growers
- How asparagus is grown
- Types of asparagus - green, white and purple
- How to prepare and cook asparagus
- Lots of yummy recipes

Visit **[asparagus.com.au](http://asparagus.com.au)**

## **Asparagus is a real fast food!**

Asparagus is not only quick and easy to cook, it is **FAST** in the way it grows. With the right temperature and humidity, I can grow 1-2cm per hour!

## **Asparagus is full of goodness!**

Asparagus is bursting with goodness to make you strong and healthy! Eat lots of vegetables like asparagus and grow big and strong like me! I contain vitamin C, B vitamins, folate, potassium and dietary fibre.

## **But best of all, Asparagus is YUMMY!**

Asparagus is yummy fresh and cooked too!

- Dips
- Soups
- Omelettes
- Frittatas
- Pasta Sauce
- Pizza
- Wraps
- Rolls
- Pies
- Tarts
- Stir-fries
- Risotto
- Fried Rice
- Salads
- Salsas
- Souffles

Check out my favourite asparagus recipes at  
**[asparagus.com.au](http://asparagus.com.au)**

