



# Give Your Family More of the Good Stuff!



## Asparagus Basics

### Shop and Save

- \* Look for stalks that are firm with tightly closed tips. Color can be bright green, creamy white or even purple.
- \* Stalks with the same thickness will cook in the same amount of time.
- \* Fresh asparagus may be best quality and lowest price when harvested locally, usually April and May.
- \* Asparagus is also available canned and frozen.

### Asparagus Math:

One pound = 12 to 15 spears,  
 9 to 10 inches long and 1/2  
 to 3/4 inches thick  
 = 3 cups trimmed  
 = 2 1/2 cups cooked

*Asparagus is an excellent source of Vitamin K,  
 which helps build strong bones.*



### Types of Asparagus

Generally, thinner spears are more delicate and tender; thicker spears have stronger flavor and hearty texture. Thicker spears can be sliced on the diagonal into smaller pieces to cook more quickly.

- \* Green – the most common type.
- \* White – covered with soil as it grows to keep green pigments from developing. Considered a delicacy and may cost more than green.
- \* Purple – has more sugar and less fiber than green. The skin is burgundy or purple but the flesh is pale green to creamy white. Cooking may cause more green to show. Less commonly available and may cost more than green.



### Store Well Waste Less

- Refrigerate fresh asparagus for up to 5 days.
    - Stand stalks in 1 inch of water like a flower bouquet and cover with a plastic bag.
- OR
- Wrap cut ends in a damp paper towel and cover the towel with plastic.



- Wash under cool running water just before using. Remove tough ends:
    - Hold an end of the stalk in each hand and gently bend.
- OR
- Less waste: cut off and discard the bottom inch of the stalks, then peel tougher base ends.



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