

Asparagus





Asparagus

SHOPPER'S TIPS

- Look for firm, bright green stalks with tightly closed tips.
- Avoid limp asparagus stalks or stalks with open tips.

FUN FACTS!

- Asparagus comes in green, white, and purple varieties.
- When temperatures reach 90°F, an asparagus can grow seven inches in one day.

WHAT IS IN IT FOR YOU?

One cup of asparagus (about six medium- to large-sized spears) is:

- An excellent source of vitamin A and vitamin K.
- A source of vitamin C, iron, fiber, folate, riboflavin, and thiamin.

SERVING IDEAS

- Cook asparagus in a small amount of boiling water until tender.
- Thread wooden skewers through whole spears side by side to make an asparagus "raft" that can be easily flipped on the grill.

PEAK SEASON

California grown varieties, available from mid-winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Wrap the bottoms of the stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days, and make sure the tips stay dry.