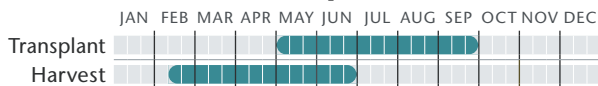


All About Asparagus

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Asparagus contains key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

Vitamin A ▶ 10–19%

2–9% ◀ **Vitamin C**

Folate ▶ --

-- ◀ **Potassium**

Calcium ▶ 2–9%

2–9% ◀ **Iron**

Fiber ▶ 2–9%

-- ◀ **Vitamin C**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Distributed by



More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

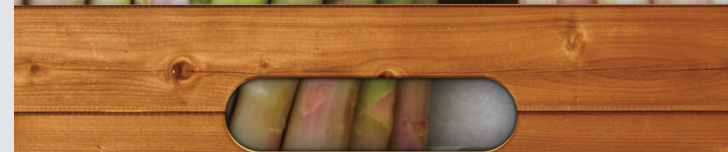
WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Rev. March 22, 2018



Did You Know?

- * The **phytochemicals** that give asparagus its green color support healthy vision and can reduce the risk of certain cancers.
- * Both **white** and **green** asparagus come from the same plant! When the plant breaks through the ground, exposure to sunlight turns it green. The white variety is grown underground.

Selecting and Preparing Asparagus

- Choose spears that are crisp, round and straight with tightly-pointed tips. Do not choose spears if the tips have begun to flower and spread open.
- Choose asparagus spears that are the same thickness so that the cooking time will be the same.
- Store in the refrigerator in a plastic bag. Use within three to five days.
- Before cooking, wash well and trim about an inch off the end of spears if they are tough.
- Asparagus is best when steamed just until tender. Place in a pan with about one inch of water. Cook for 4 to 7 minutes, or until fork tender.



Asparagus Soup

Makes 4 servings

- 1 onion, chopped
- 1 tablespoon oil
- 1 clove garlic, minced
- 1 pound fresh asparagus, cut into 1-inch pieces
- 1 cup vegetable or chicken broth
- Dash of pepper
- 1 cup low-fat milk

- Place onion, oil and garlic in a microwave-safe dish and microwave on HIGH for 2 minutes.
- Add asparagus, broth and pepper. Cover and microwave on HIGH for 6 to 8 minutes.
- Remove from microwave and purée in a blender.
- Return mixture to microwave-safe dish. Stir in milk and microwave on MEDIUM until heated through.

Springtime Frittata

Makes 3-4 servings

- 2 tablespoons oil
- 1/3 cup finely chopped sweet onion
- 2 cups thin asparagus trimmed and cut into 1-inch pieces
- 4 eggs
- 1/2 cup low-fat milk
- 1/4 teaspoon ground black pepper
- 1/2 cup crumbled feta cheese

- Place oven rack on the top third of oven. Pre-heat broiler.
- In a 10-inch heavy, oven-proof skillet, heat oil on HIGH. Reduce to MEDIUM and add onions. Sauté about 4 minutes, or until softened. Add asparagus and cook 2 minutes, or until crisp-tender.
- In a small bowl, whisk eggs, milk and pepper until blended. Stir in the cheese. Pour the egg mixture over the vegetables. Turn heat to LOW and cook until the egg mixture is almost set (about 4 minutes).
- Using oven mitts, move the skillet to the broiler and cook until mixture begins to brown (about 4 minutes or the center is 165°F.) Serve warm.

Oven Roasted Asparagus

Makes 3-4 servings

- 15 to 20 spears fresh asparagus
- 1 to 2 teaspoons oil

- Pre-heat oven to 425°F.
- Wash and dry asparagus.
- Place in single layer on flat sheet pan and brush with oil.
- Bake on middle rack of oven, checking after 8 minutes.
- Asparagus is done when pierced easily with a fork.