

Asparagus

Asparagus is good steamed, roasted, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries, soups or eaten raw with your favorite dip. Most asparagus is green to purplish, but there are variations that are purple and white.



WHY SHOULD I EAT THIS?

Asparagus is a good source of fiber which can help lower cholesterol levels and may lower risk of heart disease. Fiber is also important for proper bowel function and helps reduce constipation. It also provides a feeling of fullness with fewer calories. Asparagus also has vitamin A for eye health and vitamin C for wound healing.



MAKE A GOOD SELECTION

Avoid limp or wilted stalks. Choose odorless asparagus with tips that are dry, compact and closed. Choose thinner asparagus if you prefer more tender stalks.

PROPER STORAGE

Store unwashed asparagus by wrapping the cut ends of the stalks in a wet paper towel and placing them in a plastic bag. Store in the refrigerator for up to four days.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 				X	X	X						
MARKET 					X	X						

Source(s): Nebraska Buy Fresh Buy Local and USDA SNAP-Ed Connection

HOW COULD I USE THIS?

- Make an omelet with asparagus, feta cheese and cherry tomatoes
- Add asparagus to soup, salad or pasta
- Make a quick and tasty snack by spreading soft cheese on a whole grain cracker and top with a piece of asparagus
- Coat asparagus with olive oil and saute, grill, broil, or air fry for 5-8 minutes depending on the thickness of asparagus