

Asparagus

Nebraska Seasonal Produce Guide



EXTENSION
Health & Wellbeing

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 the risk of heart disease. Fiber is also important for proper bowel function and helps reduce constipation. Asparagus also has vitamin A for eye health and vitamin C for wound healing.



Proper Storage

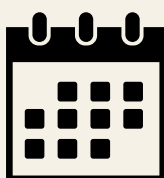
Store unwashed asparagus by wrapping the cut ends of the stalks in a wet paper towel and placing them in a plastic bag. Store in the refrigerator for up to four days.

How Could I Use This?

- Make an omelet with asparagus, feta cheese, and cherry tomatoes
- Make a quick and tasty snack by spreading soft cheese on a whole grain cracker and topping it with a piece of asparagus
- Coat asparagus with olive oil and sauté, grill, broil, or air-fry for 5-8 minutes, depending on the thickness of the asparagus.

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.



Seasonal Availability in Nebraska

Harvest Season: April through June

Market Availability: May through June



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