



Asparagus

Approximate Season:
Mid April – Early/Mid May



Did you know?

- Asparagus can be grown in 3 colors: Green, White & Purple.
- The name, asparagus, comes from the Greek language and means "sprout" or "shoot." This is because each spear grows vertically out of the ground.
- Asparagus is in the Lily family, along with Garlic, Onion, and Tulip.
- The smell from the metabolism of a sulphorous compound found in asparagus is called Mercaptan. This compound is also found in rotten eggs, onions, garlic and a skunks scent!

Health Benefits:

- Asparagus contains bone-building vitamin K along with many antioxidants, including vitamins E, A and C.
- Each spear of asparagus has just 4 calories and contains no fat or cholesterol.
- Asparagus is packed with antioxidants, ranking among the top fruits and vegetables for its ability to neutralize cell-damaging free radicals. These antioxidants can help prevent cancer and have been shown to slow the aging process.
- Asparagus contains high levels of the amino acid Asparagine, which serves as a natural diuretic. This allows for increased urination, which not only releases fluid but helps rid the body of excess salts.
- Studies have shown that asparagus to be an anti-inflammatory food because it provides a truly unique combination of anti-inflammatory nutrients.

Serving Ideas:

- Asparagus is great on the grill! Throw the spears directly on the grill surface or add some butter or olive oil and wrap the spears in tin foil before putting on the grill.
- Cut the asparagus spears into smaller portions and add to your favorite stir fry dish.
- Asparagus is also great steamed, oven-roasted, or baked.
- Cut asparagus spears into smaller portions and combine with your favorite pasta along with other ingredients for a mouth-watering meal.