

What's Fresh:

Asparagus



They're naturally good!

- ◆ Excellent source of vitamin K
- ◆ High in vitamins C, E, A, B1, B2 & B6
- ◆ Good source of dietary fiber
- ◆ Rich in folate & copper

Storage Tips:

Do not wash asparagus until ready to eat.
To keep fresh, store in a loosely closed plastic bag in the refrigerator.
Eat within 3-5 days.

Too much of a good thing?

Freeze it!

Boil asparagus for 1-2 minutes then transfer to a bowl filled with ice water. Drain, pat dry, and store in a freezer-safe container for 4-6 months.

Preparation Tips:

- ◆ Rinse under running water and pat dry.
- ◆ Snap or cut off the tough, woody ends of the asparagus and discard.
- ◆ If serving on its own, leave the spears whole.
- ◆ If adding to dishes like pastas or stir-fries, chop the asparagus into 2-inch pieces.

Ways to eat asparagus:



- ◆ Add it to scrambled eggs, frittatas, stir-fries, pasta dishes & casseroles.
- ◆ Add it to soups & stews. Asparagus cooks in 2-4 minutes in simmering liquid.
- ◆ Eat it raw. Finely slice 6-8 asparagus spears and toss with 1 tablespoon of lemon juice, 3 tablespoons of oil and a pinch of salt for a quick salad.
- ◆ Steam it. In a pot with a steamer tray, bring a few inches of water to a boil. Add spears and cover; cook until tender but still crisp, about 3-4 minutes. Season to taste with salt & pepper. For extra flavor, toss with oil, lemon juice & minced garlic or garlic powder.
- ◆ Sautee it. Heat oil or butter in a skillet over medium-high heat. Add chopped asparagus to hot oil. Cook, stirring frequently, for 3-4 minutes or until bright green and crisp-tender. Season with salt & pepper. For extra flavor, add a dash of vinegar, squeeze of lemon, or your favorite herbs.
- ◆ Roast it. Preheat oven to 400°F. Toss asparagus with a few tablespoons of oil, salt, & pepper. Place in a single layer on a baking sheet. Roast for 10-15 minutes, until the stalks begin to shrivel and brown lightly. For extra flavor, roast with minced garlic and finish with a squeeze of lemon.
- ◆ Microwave it. Roll the asparagus in damp paper towel, or place in a loosely-covered microwave-safe dish with a tablespoon of water. Microwave on high for 3-4 minutes or until fork-tender. Season with salt, pepper and your favorite herbs and/or spices.
- ◆ Grill it. Toss spears with oil, salt and pepper. Place cross-wise on the grill grate. Grill for 5 minutes over a hot grill, until lightly charred and fork-tender.



See more recipes on the back



