



ASPARAGUS



Asparagus is a stalk-growing vegetable native to Southern Africa. There are various species of asparagus, but garden asparagus is the most popular.

NUTRITIONAL INFORMATION

- Asparagus is high in vitamins and minerals including folate, vitamin K, thiamine and riboflavin
- Like many vegetables, asparagus is high in fiber which aids in healthy digestion.

HOW TO STORE

- Trim the ends of the asparagus and place up right in a jar with 1-2 inches of water on the bottom. Cover with a plastic bag and store for 2-4 days
- You may also store fresh or cooked asparagus in the freezer for 8-12 months

HOW TO PREPARE

- Wash and peel asparagus
- Trim the very bottom of the asparagus to rid of the tough ends
- Asparagus can be eaten raw or cooked! You can also steam, sauté, or just chop and add to your salad! this versatile can be eaten any way!

FUN FACTS

- Due to the high folate content in asparagus, it is a beneficial vegetable to eat during pregnancy.
- Peru provides the United States with more asparagus than any other country.



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