

Asparagus



3 Prep and cooking tips

- Asparagus can be boiled, steamed sautéed, grilled, pickled or served cold.
- Before cooking, cut off the ends of the asparagus. You can save the ends to make soups or vegetable stocks.
- Asparagus is best used in season, which usually begins in March and ends in June.

2 Shopping and storage

- Choose asparagus with stalks that are firm and have heads that are full, tightly closed and not discolored. Make sure there is no unpleasant odor.
- Wrap ends of stalks in a wet paper towel and then place in a plastic bag.

1 Nutrition Fact:

- Asparagus is a great source of Vitamin K and folate! Vitamin K helps in blood clotting which helps us heal from cuts and wounds. Folate helps the body make new cells, which is why folate is very important during pregnancy.

Go! Scan the QR code to learn more:

