



ASTOUNDING ASPARAGUS

Factsheet 10-61



Steamed Spears

One bunch of fresh asparagus, washed and trimmed.

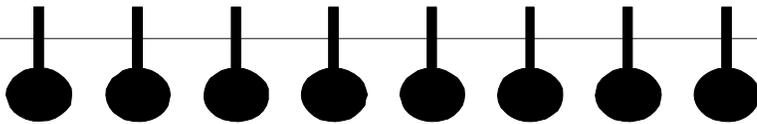
Place a basket steamer in a pot and add an inch and a half of water. Place washed asparagus in basket steamer (if some stalks are too long, cut them in half) cover, and bring water to a boil. Once boiling, turn heat down to medium and allow asparagus to steam for about 10 minutes or until tender.



Stir-fry Asparagus

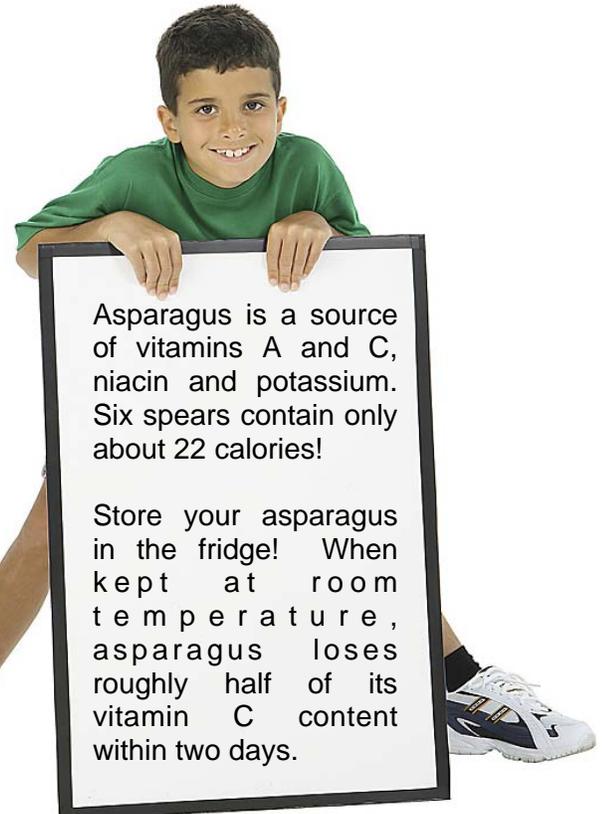
1 tablespoon vegetable oil
3 cups fresh asparagus cut in 1 1/2 inch pieces
A dash of salt (1/8 teaspoon)
Dash of pepper

Heat vegetable oil in a large skillet; add the pieces of asparagus. Sprinkle with salt and pepper and cover. Shake skillet constantly while cooking. Cook asparagus about four to five minutes, or until tender.



Did You Know?

- The name asparagus comes from a Greek word meaning "stalk" or "shoot."
- Asparagus is a member of the lily family and is related to onions and garlic. There are three varieties: green, white, and violet.
- Asparagus has been found growing wild in so many places that there has been much argument as to where it actually originated.
- Asparagus has been cultivated for more than 2,000 years.
- Asparagus has been prized since the days of the ancient Greeks and Romans, who not only enjoyed its taste but also believed it had medicinal properties.
- There are male and female asparagus.
- Look for firm, fresh spears with closed, compact tips that are all about the same size so all the spears will cook in the same amount of time.
- Keep fresh asparagus clean, cold, and covered. Trim the stem ends about 1/4 inch and wash in warm water. Pat dry and place in moisture-proof wrapping like plastic wrap or bags or in a plastic container. For best quality, eat the asparagus within two or three days.



Asparagus is a source of vitamins A and C, niacin and potassium. Six spears contain only about 22 calories!

Store your asparagus in the fridge! When kept at room temperature, asparagus loses roughly half of its vitamin C content within two days.

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