

April Harvest of the Month: Asparagus!



Fresh, Flavorful, and Nutrient-Packed!

What is Asparagus?

- Asparagus is a perennial vegetable that grows from a crown planted in the ground.
- Known for its long, tender stalks, it is a member of the lily family.

Fun Fact: Asparagus is one of the first vegetables to be harvested in the spring!

Nutritional Benefits

- Rich in vitamins A, C, E, and K.
- A great source of folate, fiber, and antioxidants.
- Low in calories and naturally free of fat.

ASPARAGUS. NUTRITIONAL VALUE



per 100 g

PROTEIN

2.2 mg

FAT

0.12 mg

VITAMINS

vitamin A	38 µg
vitamin B1	0.143 mg
vitamin B2	0.141 mg
vitamin B3	0.978 mg
vitamin B5	0.274 mg
vitamin B6	0.091 mg
vitamin B9	52 µg
vitamin C	5.6 mg
vitamin E	1.1 mg
vitamin K	41.6 µg

CARBOHYDRATES

sugars	1.88 mg
dietary fibre	2.1 g

MINERALS

calcium	24 mg
iron	2.14 mg
magnesium	14 mg
manganese	0.158 mg
phosphorus	52 mg
potassium	202 mg
sodium	2 mg
zink	0.54 mg

ENERGY 20 kcal

Harvesting Asparagus

- Harvest season typically begins in early spring (March through June in many regions).
- Spears are usually harvested when they are about 6-8 inches tall.
- Careful harvesting ensures a continuous supply for several weeks.



How to Store Asparagus

- To keep fresh, trim the ends and store in the fridge in a damp paper towel or upright in a jar with water.
- Asparagus can also be blanched and frozen for longer storage.
- **Tip:** Fresh asparagus can last up to 3-4 days in the fridge.



Fun Fact About Asparagus

Did you know?

Asparagus can be purple, white, or green! The color depends on how it's grown: purple when exposed to sunlight, green when exposed to air, and white when grown without sunlight.



“Delicious and Easy Asparagus Recipes to Try”

Recipe 1 - Roasted Asparagus with Lemon and Garlic

- **Ingredients:**

1. 1 bunch of fresh asparagus
2. 2 tablespoons olive oil
3. 2 cloves garlic, minced
4. Zest and juice of 1 lemon
5. Salt and pepper to taste

- **Instructions:**

1. Preheat oven to 400°F (200°C).
2. Trim the tough ends of the asparagus and place on a baking sheet.
3. Drizzle with olive oil, garlic, lemon zest, and juice. Season with salt and pepper.
4. Roast for 15-20 minutes until tender and slightly crispy.

- **Tip:** Serve as a side dish to grilled chicken or fish!

Recipe 2 - Grilled Asparagus with Balsamic Glaze

- **Ingredients:**

1. 1 bunch of fresh asparagus
2. 2 tablespoons olive oil
3. Salt and pepper to taste
4. 2 tablespoons balsamic vinegar
5. 1 teaspoon honey (optional)

- **Instructions:**

1. Preheat the grill to medium-high heat.
2. Toss the asparagus with olive oil, salt, and pepper.
3. Grill asparagus for 4-6 minutes, turning occasionally until tender and lightly charred.
4. In a small saucepan, combine balsamic vinegar and honey (if using). Bring to a simmer and cook until it thickens.
5. Drizzle the balsamic glaze over the grilled asparagus before serving.

- **Tip:** Perfect as a side dish for steak or grilled chicken.

- **Image:** Grilled asparagus drizzled with balsamic glaze on a plate.

Recipe 3 - Asparagus Soup

- **Ingredients:**

1. 1 bunch of asparagus, chopped
2. 1 medium onion, diced
3. 2 cups vegetable broth
4. 1/2 cup heavy cream (optional)
5. 1 tablespoon olive oil
6. Salt and pepper to taste

- **Instructions:**

1. In a large pot, heat olive oil over medium heat and sauté onion until softened.
2. Add chopped asparagus and vegetable broth. Bring to a boil, then simmer for about 10 minutes until the asparagus is tender.
3. Use an immersion blender to puree the soup until smooth (or transfer to a blender in batches).
4. Stir in cream if desired, and season with salt and pepper to taste.

- **Tip:** For extra flavor, add a squeeze of lemon juice before serving!

- **Image:** A smooth, creamy bowl of asparagus soup.