



# Asparagus

Choose green stalks with dark green to purplish tips which are closed and compact. Thinner stalks are more tender than thicker stalks.

Asparagus are vegetables which grow as plant stalks (stems).

Many Greeks and Romans not only enjoyed the taste of asparagus but also believed the myth it possessed medicinal properties (from healing toothaches to preventing bee stings). Asparagus gained popularity in France and England in the 16th Century and was then introduced to North America.

In the United States 80% of asparagus are grown in California. Asparagus season is early spring.

## VARIETIES

Asparagus can be found in two varieties. Green asparagus is the most common in the United States, while white asparagus is more popular in Europe. White asparagus is grown under the soil.

Many asparagus are grown in Nebraska.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C
- Good source of iron

## USES

Asparagus is good steamed, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries or eaten cold with your favorite dip.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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