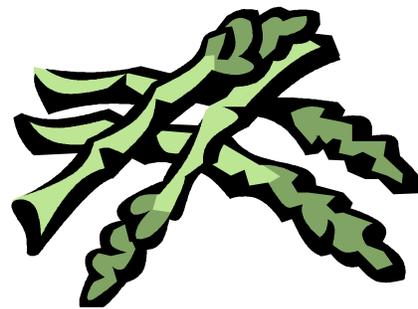


*Fresh*  
FROM THE  
FARM

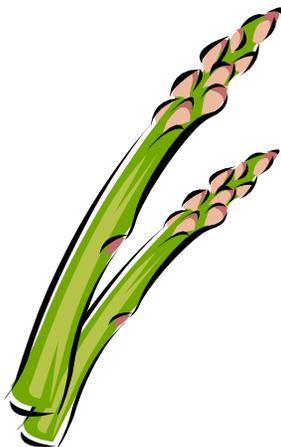


## ASPARAGUS



### Selection & Preparation

- ☐ Choose spears that are crisp, round and straight with tight pointed tips. Do not choose spears if the tips have begun to flower.
- ☐ Choose asparagus spears that are the same thickness so that the cooking time will be the same.
- ☐ Store in refrigerator in a plastic bag. Wrap base of spears in a damp paper towel. Use within 3-5 days.
- ☐ Wash well and trim about an inch off the end of spears if they're tough.
- ☐ Asparagus is best when steamed just until tender. Place in a pan with about 1 inch of water. Cook for 4-7 minutes, or until fork tender.



### Nutrition Facts

Serving Size 5 spears

Amount Per Serving

**Calories 25**

% Daily Value\*

**Total Fat 0g** **0%**

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol 0g** **0%**

**Sodium 0 mg** **0%**

**Total Carbohydrate 4 g** **1%**

Dietary Fiber 2 g 7%

Sugars 2 g

**Protein 2 g**

Vitamin A 10%

Vitamin C 15%

Calcium 2%

Iron 2%

Folate 26%

Potassium 230 mg

Magnesium 14 mg

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Key Nutrients

**Potassium** - to maintain a normal blood pressure.

**Vitamin C** - supports healthy gums, skin and blood.

**Vitamin A** - for healthy skin, good vision and resistance to infection.

**Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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## Asparagus Soup

- 1 onion, chopped
- 1 tablespoon butter or margarine
- 1 pound fresh asparagus, trimmed and coarsely chopped
- 1 cup vegetable or chicken broth
- 1 clove garlic, minced
- Dash pepper
- 1 cup low-fat milk

Place onion, butter and garlic in a microwave safe dish and microwave on HIGH for 2 minutes. Add asparagus, broth and pepper. Microwave, covered, on HIGH for 6 to 8 minutes. Puree in blender. Return mixture to microwave safe dish. Stir in milk and microwave on MEDIUM until heated through.



## Roasted Asparagus

- 2 cups rhubarb, sliced
- Olive Oil
- Asparagus
- Salt, to taste

Rinse asparagus with cold water. Hold asparagus with both hands and bend to break woody ends off of asparagus. Discard ends. Place tops in a bowl and drizzle with a small amount of olive oil. Mix asparagus gently and coat with oil. Spread asparagus out on a cookie sheet lined with foil and sprinkle with salt. Place in oven at 450°F for about 15 minutes.

### Nutrition Highlights:

Asparagus is a good source of folate, vitamin C and A. These nutrients are all important to keep you healthy and help fight disease.