



HEALTHY HARVEST

May: Asparagus



Production Tips

- Pick asparagus that are firm with tight and compact tips or a medium green color with purple highlights and a white, woody bottom that is less than 15% of the total length; it should squeak when squeezed
- Fatter asparagus is more flavorful and tender than thin asparagus
- To prepare, just break off the bottom part of the stem

How to Eat

- Eat raw as is
- Eat cooked: boiled, sautéed, steamed
- Can add to stews, soups, casseroles or other hot dishes
- Can cook with meat

Nutrition Information

- Low in fat, cholesterol and sodium
- High in pantothenic acid, calcium, magnesium, zine, selenium, fiber, protein, vitamin A, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, niacin, vitamin B6, folate, iron, phosphorus, potassium, copper and manganese

Nutrition Facts	
Serving Size 134 g 1 cup raw asparagus	
Amount Per Serving	
Calories 27	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 3g	
Vitamin A 20%	Vitamin C 13%
Calcium 3%	Iron 16%

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

NutritionData.com



Recipe: Raw Asparagus Pesto

1. Combine 1 ¼ cups diced fresh asparagus, 3 garlic cloves and 1/3 cup parmesan cheese in a food processor till smooth
2. Slowly add ½ cup extra virgin olive oil
3. Serve cold with crackers or chips

