



Varieties: Although asparagus is available in several different colors, including green, white and even purple, it is green asparagus that is most popular here in the US. White Asparagus is actually green asparagus that is grown without access to sunlight. Without the light, Photosynthesis does not occur, and therefore the shoots never turn green. White Asparagus is not typically ordered by a specific size, like green, but rather simply available at whatever size they are.

Selection: For quick cooking applications, choose spears that are thinner. They do not need to be peeled. For spears thicker than 1/2" thick, the lower portion of skin should be peeled. Look for all asparagus to be crisp, firm and tight tipped. Avoid tips that are dark, mushy, and beginning to open up. Cut ends should be white and fresh, not grey!

Storage and Handling: Asparagus can be stored standing upright in a cup of water or with their bottoms wrapped in wet paper towel, and then entirely wrapped in plastic, and both in the refrigerator.

Nutritional Benefits: Asparagus is fat, sodium and cholesterol free. It is a low cal source of Vitamin C, Vitamin A and folate.

Nutrition Facts	
Serving Size 5 spears (93g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Fun Facts:

- * Asparagus is actually an herb, and the edible part is the shoot that pops out of the ground, before it flowers!
- * Asparagus is native to Europe, North Africa and Western Asia.
- * Asparagus has been eaten as a food for almost 20,000 years!
- * The United States are the number one importer of Asparagus.
- * In European countries, local asparagus season is highly anticipated, where some towns will feature nothing but asparagus dishes for those few weeks!

Easy Ways To Enjoy Asparagus

- * Asparagus is delicious when raw, especially smaller sized spears. Try in your favorite dip!
- * Asparagus is great wrapped with ham or turkey! (or prosciutto)
- * Sliver raw asparagus into your favorite green salad, for added crunch!
- * Asparagus is awesome in stir-fries, fried Tempura style, and even in sushi rolls.
- * Add to rice or noodle dishes or enjoy in omelets!
- * White Asparagus is often peeled before cooking.

