

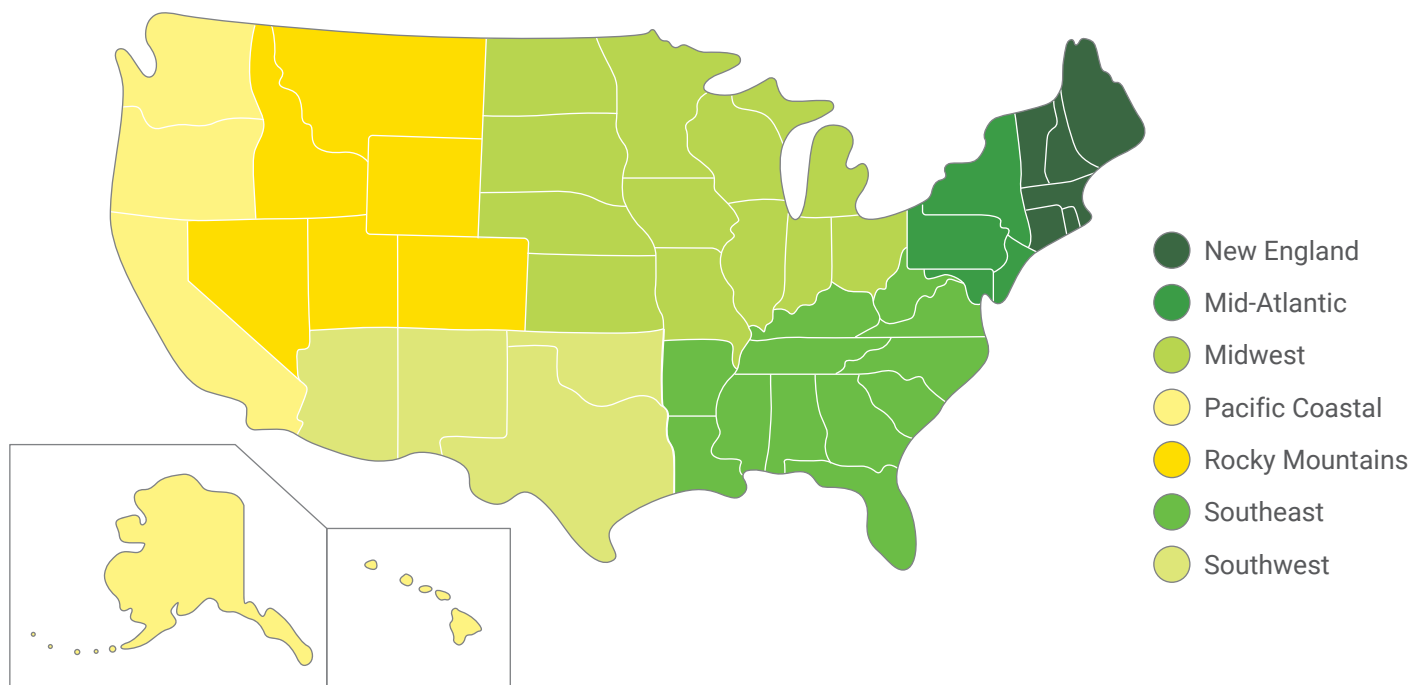


GUIDE TO **ASPARAGUS**

Asparagus is a wonderful, nutrient-dense vegetable that promotes digestive health and is packed with vitamins, fiber, and antioxidants. This veggie has an earthy and slightly bitter flavor, and its firm, snappy stalks come in green, purple, white, and wild varieties.

Seasonality

Asparagus is in peak season in May in every region of the United States.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
New England¹				●	●	●	●					
Mid-Atlantic				●	●	●						
Midwest²			●	●	●	●	●					
Pacific Coastal³		●	●	●	●	●						
Rocky Mountains⁴			●	●	●	●						
Southeast⁵		●	●	●	●	●						
Southwest⁶		●	●	●	●	●						

1. RI: April - July

2. KS & MO: beginning in March
MN & OH: through July

3. CA: February - June

HI: February - April

4. NV: beginning in March

5. FL & LA: beginning in February

6. AZ: beginning in February

NM & OK: through June

Asparagus is primarily a spring vegetable, so if you're living outside the U.S., it is still available during the spring time.

Prepping Tips



Rinse under cool water



Roll between kitchen towels to dry



Bend stems to snap off tough ends



Peel skin for a more tender bite



Leave the spears whole or cut into bite-sized pieces



Slice stem thinly to make "pennies"



Slice stem diagonally for a bias cut

Best Cooking Methods



Steam

2 - 5 min



Grill

2 - 4 min



Roast

12 - 17 min at 400 - 425 F / 204 - 220 C



Sauté

5 - 8 min



Blanch

boil 3 - 4 min, then dunk in cold water



Microwave

2 - 4 min



Puree

roast or saute and simmer with broth before pureeing



Air Fry

6 - 10 min at 400 F / 204 C



Instant Pot

1 - 2 min on High with QPR



Tip

Cook thin spears for less time than thick spears!

Ways to Enjoy

Flavor Pairings



almonds



bacon



balsamic
vinegar



butter



chives



garlic



lemon



maple



olive oil



parmesan



pine nuts



salt and
pepper



soy sauce



tarragon



thyme

Dishes

- pasta
- soup
- stir-fry
- salad
- grain bowls
- frittata
- casserole
- savory tart
- sushi
- fun appetizers

