

HARVEST OF THE MONTH

MAY: ASPARAGUS

Asparagus

SELECT

Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

STORE

Wrap the ends of the stalks in paper towel and place in a plastic bag. Refrigerate for up to 4 days.

PREPARE

Snap off the woody ends, about 1 to 2 inches. Enjoy raw, steamed, boiled, grilled or roasted.

SEASONALITY

Fresh asparagus grown in Wisconsin is available in May and June.



Nutrition

Asparagus has folate, a B vitamin that our body uses to create new blood cells and keep our blood vessels and heart healthy.

Asparagus has Vitamin C, that helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage

Asparagus Uses

- Add bite sized asparagus pieces to soups.
- Dip raw asparagus in dips or spreads.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, cooked rice or pasta dishes.





Asparagus: Roasted, Grilled or Steamed

- Rinse asparagus spears and trim the ends
- **Roasted:** Preheat oven to 400 degrees. Toss asparagus in a bowl with 1 tablespoon oil. Spread asparagus on a baking sheet and sprinkle with a small amount of salt and pepper or other herbs and seasonings. Roast 10 to 15 minutes or until tender, stirring halfway through.
- **Grilled:** Toss asparagus with 1 tablespoon oil. Lay across the grill and grill on medium-heat until tender. The amount of time will range from 5-9 minutes depending on the thickness of the asparagus. Season with a squeeze of lemon juice or sprinkle with lemon pepper.
- **Steamed:** Put asparagus and ½ cup water in a microwave-safe dish with a lid. Microwave on high for 5 minutes and check. Microwave for one minute at a time until the asparagus reaches the texture you like. Sprinkle with your favorite seasoning.



Watch a video on how to prepare asparagus here:

<https://youtu.be/eJbX-aUBT8w>



More Asparagus Recipe Ideas:

<https://spendsmart.extension.iastate.edu/recipe/scrambled-egg-muffins>

<https://spendsmart.extension.iastate.edu/recipe/cheesy-pasta-summer-veggies/>

<https://spendsmart.extension.iastate.edu/recipe/easy-roasted-veggies/>



Extension
UNIVERSITY OF WISCONSIN-MADISON