

Pick a better snack™



Asparagus

Choose green stalks with dark green to purplish tips which are closed and compact. Thinner stalks are more tender than thicker stalks.

Asparagus are vegetables which grow as plant stalks (stems).

Many Greeks and Romans not only enjoyed the taste of asparagus but also believed the myth it possessed medicinal properties (from healing toothaches to preventing bee stings). Asparagus gained popularity in France and England in the 16th Century and was then introduced to North America.

In the United States 80% of asparagus are grown in California. Asparagus season is early spring.

VARIETIES

Asparagus can be found in two varieties. Green asparagus is the most common in the United States, while white asparagus is more popular in Europe. White asparagus is grown under the soil.

Some asparagus is grown in Iowa.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C
- Good source of iron

USES

Asparagus is good steamed, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, or eaten cold with your favorite dip.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

