

Asparagus

Espárrago



Try It!



Selection

When buying asparagus, choose green stalks with dark green to purplish tips which are close and compact. Thinner stalks are more tender than thicker stalks.

Asparagus season is early spring so it will be one of the first vegetables available at farmers markets!

Uses

Asparagus is good steamed, stir-fried or cooked in the microwave. Use it in salads, pasta dishes, stir fries, or eat cold with your favorite dip.

Wisconsinites love eating steamed asparagus with melted cheese on top!

ASPARAGUS SALAD WITH LEMON-GARLIC DRESSING

Ingredients

- 2 Tbsp fat-free sour cream
- 1 Tbsp fat-free milk
- 1 tsp grated lemon zest
- 1 medium garlic clove (minced)
- 24 medium asparagus spears (trimmed)
- Poppy seeds (optional)

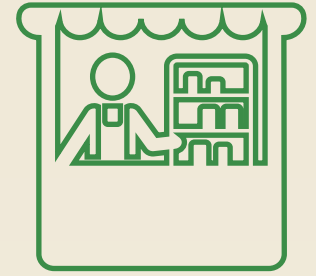
Instructions

1. In a small bowl, stir together the sour cream, milk, lemon zest, and garlic. Cover and refrigerate until serving time.
2. In a large saucepan or skillet, pour in enough water to barely cover the asparagus. Bring the water to a boil over high heat. Add the asparagus and cook for 5 minutes, or until crisp-tender. Drain in a colander. Rinse with cold water and drain well. If desired, cut on the diagonal into bite-size pieces. Transfer to a serving bowl.
3. Add the dressing, tossing gently to coat. Lightly sprinkle with poppy seeds.

History & Fun Facts

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

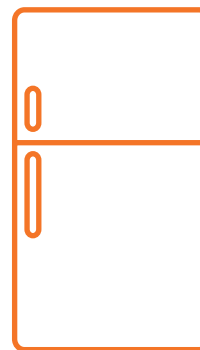
There are two varieties of asparagus, green, the more common, and white, which is grown under the soil.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Washing vegetables with soap or detergent or using commercial produce washes is not recommended.
- Store fruits and vegetables in separate drawers in refrigerator. Wash fruits and vegetables under running water just before eating, cutting, or cooking.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of Vitamin C
- Good Source of Iron



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.