



Asparagus

Purchasing Specifications

Availability:

Year round

Growing Regions:

Chile, Mexico, Peru, USA

Receiving Information:

- Usage: Good out of hand and for cooking.
- Outside Coloring: Green.
- Taste: Nutty and mild.
- Shape: Spear-like stalks.
- Skin Texture: Stalk is smooth and rubbery.
- Flesh Description: Very light green to a white, thick firm crunchy spear.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No

- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No
- Dull gray-green color; limp tips: Indication of chill injury.
- Tough spears: Indication of ethylene exposure - store asparagus away from ethylene-producing produce and ripening rooms.
- Decay; tough texture; loss of flavor: Indication of storage at high temperatures.
- Dried up butt ends: Asparagus butt ends may become dry if exposed to low humidity. Stand asparagus bunches, butt-end down, in shallow water.

- Green asparagus has a slightly bitter, woody taste.
- White asparagus has a milder sweeter flavor.
- Use: Asparagus can be marinated and used raw in salads or it can be grilled, broiled, baked or steamed as a side dish. Often served with Hollandaise sauce.
- Selection: Consumers should choose stalks that are firm, yet tender. Stalks with a deep green color or purple tips have the best flavor. Thin stalks will typically cook faster than thicker stalks. As long as they are close in diameter, they should all cook up equally tender.
- Scientific Name: Asparagus officinalis.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 27	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0mg	
Sodium 3mg	0%
Total Carbohydrates 5g	4%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 3g	6%
Potassium 271mg	6%
Vitamin A 7%	Vitamin C 10%
Calcium 3%	Iron 16%

*Percent Daily Values are based on a 2,000-calorie diet.