



# Asparagus



## Fun Facts:

- **Asparagus is derived from the Greek word meaning “sprout” or “shoot.”**
- **Peak season is April-June**
- **In parts of France, white asparagus is commonly grown underground to inhibit chlorophyll development.**
- **Asparagus stalks can grow as much as 1 inch per hour, up to 10 inches in a day!**
- **May is National Asparagus Month**

## Health Benefits:

- **One 5-oz serving of asparagus contains a mere 20 calories, but provides an excellent source of Vitamin A (for eye, skin, and immune health), and Vitamin K (supports bone health and normal blood clotting).**
- **Asparagus has one of the highest folate content of all vegetables. Folate is important for proper fetal development.**
- **Asparagus is also high in fiber, which is important in gut health and satiation.**
- **Vitamin C and B Vitamins are also found in asparagus and important in numerous body functions.**

## Try it at Home:

### Simply Delicious Sautéed Asparagus

#### Ingredients:

- **1 Bundle of Asparagus stalks**
- **1 Tbsp Olive oil**
- **3 cloves chopped Garlic (may also use minced or powdered)**

#### Directions:

1. **Heat oil in large skillet over medium –high heat.**
2. **Chop bottoms off asparagus spears.**
3. **Add garlic and asparagus spears to pan once oil simmers.**
4. **Cover and cook, stirring occasionally, for about 10 minutes or until asparagus is tender.**



## References:

- **Asparagus...A Nutrient Powerhouse. Fruits & Veggies More Matters. 2012. <https://www.fruitsandveggiesmorematters.org/asparagus-a-nutrient-powerhouse>**
- **Facts for Asparagus. Washington State Department of Agriculture. 2011. <http://www.wafarmtoschool.org/ToolKit/32/asparagus/Facts>**
- **Sautéed Garlic Asparagus. Allrecipes. <https://www.allrecipes.com/recipe/92845/sauteed-garlic-asparagus/>**