



Asparagus

Plant: Plant 2-3 weeks before the last spring frost. Plant in well-drained soil heavily enriched with compost with a pH 6.5. Prep the bed 12" deep, and remove all weeds. Plant crowns upon arrival. Spread the roots over mounded soil in a ditch 6-8" deep, cover crown with 3" soil and gradually add soil as growth advances.

Grow: Asparagus takes 2-3 years before it is ready to harvest but then can produce for up to 20 years! In the 1st year: spears are thin 6-8" tall, allow to develop into tall ferny branchlets, which produces food for next springs' growth. Allow to wither and brown before trimming. Maintain adequate moisture, lightly mulch, and well weeded. The 2nd year: shallow cultivation before spears appear, fertilize with 5-10-10 after soil analysis, and provide adequate moisture. Remove fern growth after withered/brown. The 3rd year and thereafter: continue light cultivation, soil analysis and fertilizer application, weed control, adequate moisture, and allow ferny branchlets to age before removing. Remember: fern growth is the photosynthesis source-feeds the crowns!

Harvest: 1st year: no harvest, allow spears to develop into ferny branchlets. The 2nd year: harvest spears for 5-7 days only, then allow spears to continue growing. The 3rd year: harvest spears 4-8 weeks, if spears <1/2" diameter, stop harvest and allow spears to continue growing. Spears are cut or "snapped off" just above soil level.

Nutrition Facts	
Serving Size 90 g	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Vitamin C 12%
Calcium 2%	Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutrition Information:

Asparagus is rich in B vitamins, vitamin K, vitamin C, calcium, and iron, as well as fiber and several anti-inflammatory phytonutrients.

How to Prepare: Asparagus should be prepared within days of purchase or harvest. It does not need peeling; simply wash and trim as needed. It is easy to prepare by steaming in water or broth until desired tenderness. It can be eaten hot or cold. Try adding it to pasta dishes, salads or omelets or serve with a squirt of lemon alongside your main course.



Asparagus with Lemon Garlic Vinaigrette

Yields: 4

Serving size: 3 oz

Ingredients

1 pound fresh asparagus, washed and trimmed

1 fresh garlic clove, chopped

¼ teaspoon salt

1 ¼ Tablespoon fresh lemon juice

1 teaspoon Dijon mustard

3 Tablespoons olive oil

¼ teaspoon sugar

¼ teaspoon pepper

Fresh parsley, chopped, for garnish

Preparation

1. In a food processor, combine garlic and salt for dressing. Process until well-blended.
2. Add lemon juice and mustard. Process to a smooth paste.
3. Add oil in a slow, steady stream until incorporated.
4. Add sugar and pepper. Mix well.
5. Place asparagus in steamer and steam for 3 minutes. Immediately plunge asparagus into ice water. Drain well. Pat dry with paper towels if necessary. Dressing will adhere better if the asparagus is not wet.
6. Arrange asparagus on chilled serving platter (not stainless) with stems facing the same direction. Drizzle with dressing. Gently toss asparagus with tongs to evenly coat.
7. Sprinkle parsley.

Nutrition Facts per Serving:

100 calories, 9 g fat, 4 g carbohydrates, 2 g fiber, 2 g protein