

Asparagus



Asparagus Facts

- Asparagus originated 2500 years ago in Greece.
- The name *asparagus* is a Greek word meaning stalk or shoot.
- Greeks and Romans believed asparagus had medicinal powers that could cure toothaches and prevent bee stings.
- Asparagus can be green, white or purple in color. (*Green asparagus is the most common variety in the U.S.*)
- Asparagus is a spring vegetable and its peak season is April and May.
- It takes three years before asparagus can be cultivated or picked for eating.
- Asparagus grows best in sandy, well-drained soil.
- The asparagus root is called the crown.
- Asparagus will produce several times during the season. (*Early in the season you may need to cut the asparagus every 4 to 5 days. As the days get warmer, asparagus may need to be picked every 24 hours!*)
- Asparagus is picked when it is 8 to 10 inches in height and when done producing, the spears grow into feathery ferns.
- Once asparagus is planted it will continue to reproduce for about 15 years without the need for replanting.
- Asparagus is a good source of potassium, folacin, and vitamins A and C.
- Asparagus can be cooked in many ways --- roasted, grilled, steamed, boiled or fried.
- It can be eaten raw, but most prefer it cooked.
- Did you know asparagus will make your pee smell funny? (*As asparagus is digested the amino acids breakdown producing a sulfur containing product that causes the unusual smell.*)

