

Fruit & Vege Co-op



Asparagus

STORAGE	PREPARATION
<ul style="list-style-type: none">- Keep asparagus refrigerated with butt ends either wrapped in wet paper towels; or- Stand up in a jar with 1-2 cm of water (like flowers in a vase); or- Wash, then refrigerate in plastic bags.	<ul style="list-style-type: none">- Choose straight firm green stems. Fresh asparagus is 'squeaky' – when the spears are gently rubbed they squeak; old asparagus is rubbery and doesn't squeak.- Snap or slice off tough ends before cooking. Asparagus for use in salads is generally blanched, however, if the asparagus is thin and fresh it can be used raw.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Serve asparagus with light mayonnaise, cottage cheese, hollandaise or aioli. It can be used in soups, quiches, pies, salads, stir fries, or eaten with fresh bread.- To retain the colour, add a little lemon juice or vinegar when cooking and cook for a very short amount of time using a method such as stir frying.	<ul style="list-style-type: none">- Asparagus is one of the highest vegetable sources of folate and is also a source of riboflavin, vitamins C and K, plus contains a dietary significant amount of potassium.- Asparagus ends can be used to flavour soups or stocks. Cooked asparagus should be tender but slightly crisp. For maximum flavour, don't overcook!
COOKING	
Lightly steam, stir fry, microwave, boil, bake or barbecue asparagus.	
RECIPE: Capsicum, Potato and Asparagus Salad (Serves 4) <i>Adapted from www.vegetables.co.nz</i>	
600g new season potatoes scrubbed and cut in half 1 bunch asparagus 1 red capsicum ½ cup fresh herbs, finely chopped Black pepper to taste	
Dressing 2 Tbsp vegetable oil 2 Tbsp white vinegar 1 Tbsp honey or ½ Tbsp sugar	
<ol style="list-style-type: none">1. Blanch the asparagus by placing in a bowl and covering with just boiled water. Leave to stand for 5 minutes.2. Cut the top off the capsicum and remove the seeds, then cut into small pieces.3. Place the dressing ingredients in a small bowl and whisk quickly with a fork.4. Drain the asparagus and cut into 2 cm pieces.5. Place the potatoes, capsicum and asparagus in a salad or serving bowl, pour over the dressing and gently toss. Sprinkle with finely chopped fresh herbs.	
Variation <ul style="list-style-type: none">- Add finely diced fried bacon.- Add quartered boiled eggs.- Serve with grilled or steamed chicken pieces as a main meal.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

