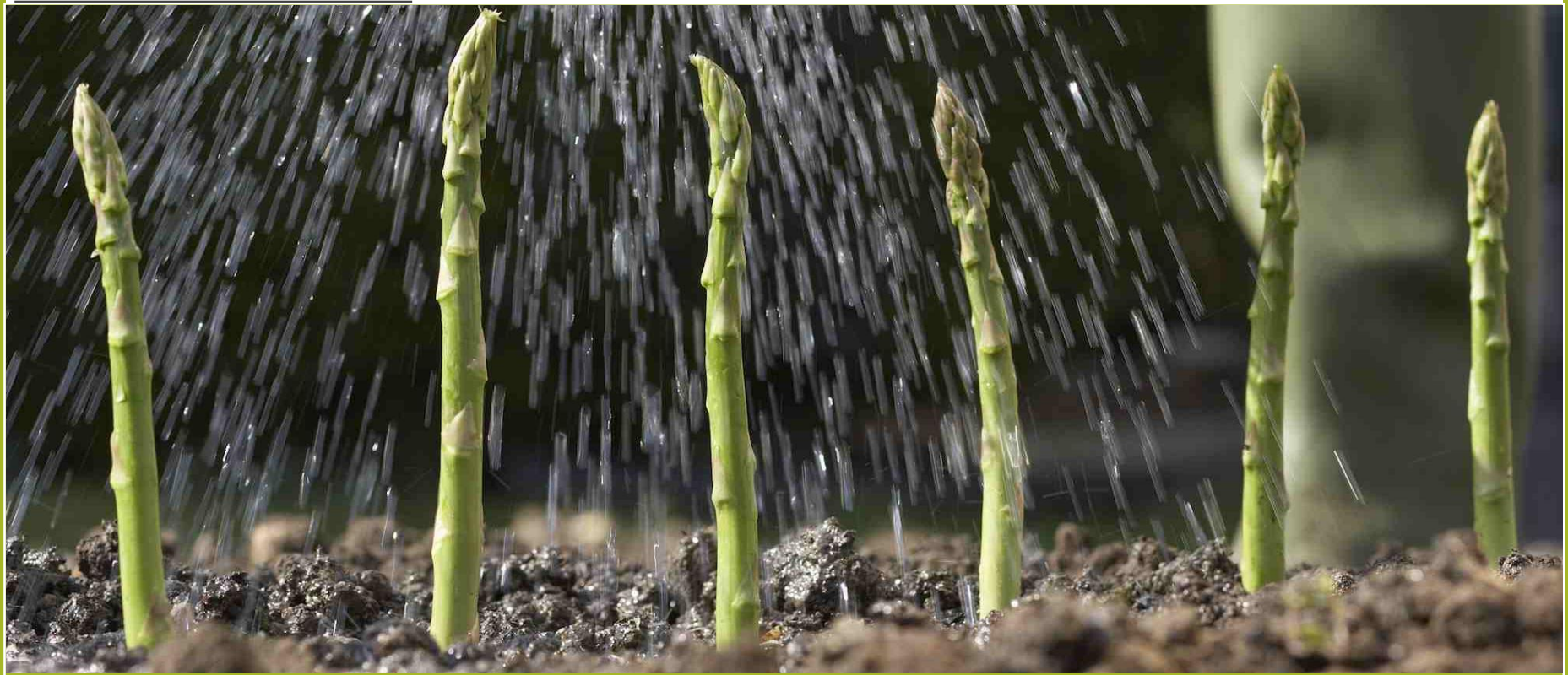




ASPARAGUS

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



**WHERE IS ASPARAGUS
GROWN?**

Question

Where is asparagus grown?

Answer

Asparagus grows best in “mild” climates like:

- **Mexico**
- **Peru**
- **Germany**
- **China**

Also grown in Canada. In **Manitoba**, asparagus season runs from **end of May to middle of June**



**ARE THERE
DIFFERENT
VARIETIES OF
ASPARAGUS?**

Question

Are there different varieties of asparagus?

Answer

There are **3 main varieties** (types) of asparagus:

PURPLE **WHITE** **GREEN**



Green is the most common variety in North America



**WHAT IS THE BEST WAY TO
CHOOSE ASPARAGUS IN THE
GROCERY STORE?**

Question

What's the best way to choose asparagus in the grocery store?

Answer

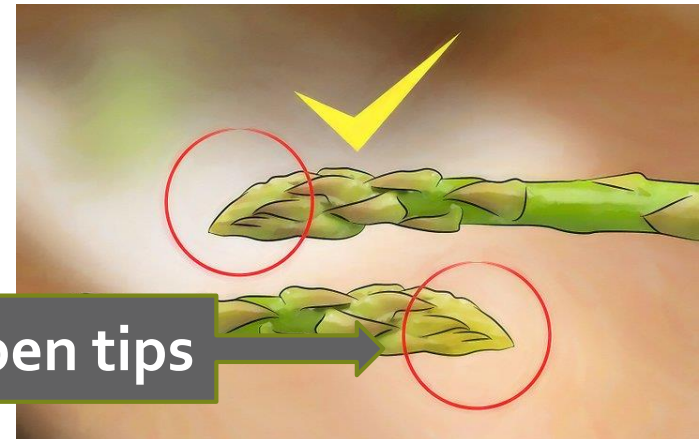
Look for Asparagus that :

- Is **firm** to touch
- Has **moist** and **plump** stalks
- Has **bright green** or **violet-tinged** spears
- Has **closed** and **compact** tips
- Is **not cracked** at the cut ends

Closed tips



Open tips



HOW DOES ASPARAGUS GROW?



Question

How does asparagus grow?

Answer

After planting asparagus, it can take 3 growing seasons before it can be harvested.



When asparagus spears are **6 to 10 inches tall**, and before the flower buds open, they can be harvested by cutting them off at ground level.

PREPARING ASPARAGUS

1

Wash asparagus well



PREPARING ASPARAGUS

2

Snap off the tough, woody ends of the stalks, or cut ends off with a knife



PREPARING ASPARAGUS

3

**Boil in a pot with water for
5 to 7 minutes**



Or...

PREPARING ASPARAGUS

3

Steam cook for about 5 minutes
(until they are tender)



Or...

PREPARING ASPARAGUS

3

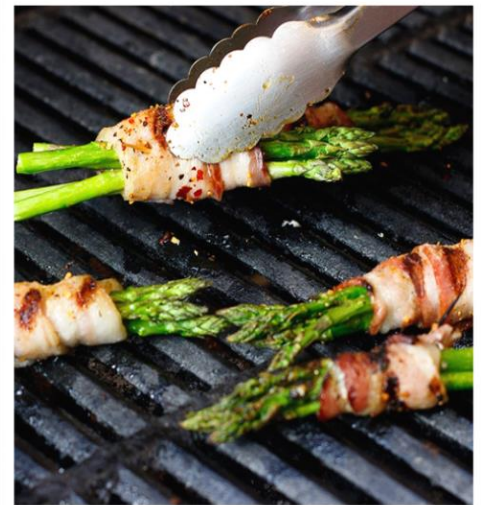
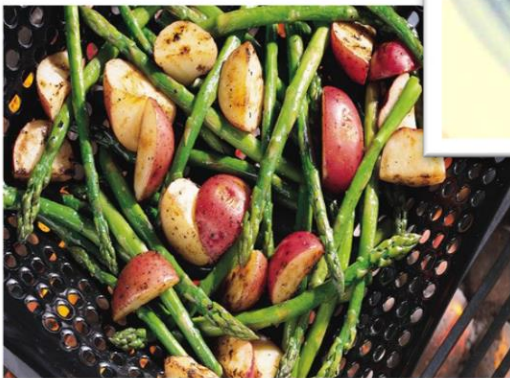
Sprinkle with oil and desired spices, then grill until tender



PREPARING ASPARAGUS

4 Add other ingredients as desired

Such as potatoes, mushrooms, parmesan cheese, chicken





CAN BABIES EAT ASPARAGUS?

Question

Can babies eat asparagus?

Answer

Yes, asparagus is a great food to feed to your baby!

Introduce at 6 months.

Use fresh or frozen asparagus. Steam cook until very tender, then puree.





**HOW SHOULD FRESH
ASPARAGUS BE STORED?**

Question

How should fresh asparagus be stored?

Answer

Store in the refrigerator for up to a week:

Stand asparagus up in a glass jar with about an inch or two of water, making sure all the bottom ends are sitting in the water. Then, **loosely cover the asparagus with a plastic bag** and change the water when it begins to look cloudy.

For longer storage:

Blanch the asparagus, **then freeze**.

To Blanch: place asparagus into boiling water, remove after 3 minutes and plunge into ice water or place under cold running water to halt the cooking process.



**HOW SHOULD COOKED
ASPARAGUS BE STORED?**

Question

How should cooked asparagus be stored?

Answer

Put asparagus into plastic bags and **refrigerate** for up to **3 to 5 days**.



Pureed asparagus can be **frozen** for up to **3 months** for baby.

