

Fresh From the Farm

Amazing Asparagus

Where to Find it Locally

- ✦ [24 Carrots Farmstand](#)
Swanzy, NH
- ✦ [Keene Farmers' Market](#)
Keene, NH
- ✦ [Brattleboro Farmers' Market](#)
Brattleboro, VT
- ✦ [Brattleboro Food Co-op](#)
Brattleboro, VT
- ✦ [Putney Food Co-op](#)
Putney, VT

For more information on
local food, visit:

www.localvore.com

Asparagus is one of the first signs from the garden that the growing season has indeed begun! It is harvested in the area from May into mid-July. When Asparagus is first planted, it is often a one year old crown that has been started from seed. It takes the newly planted crown three years for to be in full production. While we commonly think of asparagus as green, it is also available in white and purple varieties. Asparagus is a good source of vitamins A & C, as well as minerals. However, it can lose quality quickly after harvest, as the sugar content reduces and the fibrous content increases with time. Which is another important reason to buy it locally and in season!

Selecting Choose asparagus stalks that are firm with compact heads. Loose heads might indicate that the stalks are more fibrous. If the stalks are bendable and rubber-like, that is an indicator that either the asparagus was harvested a while ago, or it was not stored properly once harvested.

Storing It is best to use fresh produce as close to harvest as possible, but asparagus can be stored for up to three weeks in the refrigerator inside a plastic bag. If you want to store it for use later in the season, it can be blanched (placed into boiling water for 2-4 minutes) and then packaged for freezing.

Preparing Asparagus can be eaten raw, but is even tastier if quickly blanched and cooled. It works well on veggie plates with dips, added to salads and also soups. It is very versatile and can be a great part of stir-fries, or brushed with olive oil and lemon juice and grilled.

Simple & Delicious Asparagus

- 1 bunch farm-fresh **asparagus** (1 pound)
- 2 Tbsp **olive oil**
- 2 Tbsp grated **parmesan cheese**
- 1 tsp **lemon zest***
- Salt** and **pepper**, to taste

1. Place a medium pot of water to boil on the stove.
2. Wash asparagus well and trim to 2" pieces.
3. When water boils, place asparagus inside, draining after two minutes (this gives a nice par-boiled, slightly crunchy texture).
4. Toss hot asparagus in a bowl with olive oil, parmesan cheese, lemon zest and salt & pepper to taste—enjoy!

* in a pinch, you can use lemon juice in place of zest



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Sources: UNH Cooperative Extension (<http://extension.unh.edu>), AgriLife Extension from Texas A&M System (<http://aggie-horticulture.tamu.edu/>)