

May's featured vegetable is:

# Asparagus

## Spears the best possible asparagus

- Asparagus is least expensive from April to June.
- The asparagus should have tight, dry tips that are purplish or green.
- If the asparagus gives off a smell, it is bad.
- Asparagus is best if you use it the day you buy it.
- Avoid stems that are wrinkled.
- Just hold the top half of one spear in one hand, the bottom half with the thumb and forefinger of the other hand, and bend each spear until it snaps. It will snap naturally where the toughest part meets the tender part.
- Stand stems up in a container with about one inch of water. Cover loosely with a plastic bag.

## Add'paragus to what you already eat!

- Add cooked, pureed asparagus to your favorite dip and serve with crackers, bread, or other vegetables.
- Add diced asparagus to rice or couscous.
- Add asparagus spears to stir-fry and serve over brown rice.
- Try cooked, chopped asparagus in egg dishes. Perhaps as a filling for omelets, scrambled in eggs, or added to your favorite quiche recipe.
- Steam, bake, broil or even grill asparagus.
- Kids love finger food! If it is thin enough, asparagus can be eaten raw. Dip it in a vinaigrette dressing or lemon juice.

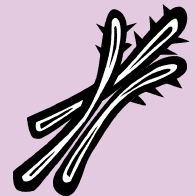
**You may never asparaGUESS that this month's vegetable is a champion fighter in the vegetable world. Asparagus has loads of what's called "glutathione" (glue-tah-thigh-own), something your body craves in order to help fight disease. Asparagus = an asparaGUST of disease-fighting power. Besides the fact that asparagus can help fight disease, it tastes amazing, even in it's simplest form, without anything on it! You can think of each crunchy bite of asparagus as one more delicious morsel fighting for your health.**

*Why asparagus? Why me?  
Why now?*

## Asparagus Guacamole

From the *Harvest of the Month* program

- 10.5 ounces fresh, trimmed or frozen, cut asparagus
- 1/4 teaspoon garlic powder
- 2 teaspoons lime or lemon juice
- 2 tablespoons canned green chili peppers, drained, chopped
- 1 tablespoon onion, chopped
- 2 teaspoons tomato paste
- 1/8 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon white pepper



## Recipes

### Asparagus with Sweet Pepper Confetti

Adapted from FamilyFun.com

- 1/3 C olive oil
- 2 T red wine vinegar
- 1 tsp Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 lbs. asparagus
- 1/2 red pepper, diced
- 1/2 yellow pepper, diced

Combine oil, vinegar, mustard, garlic, salt and pepper in a plastic container. Shake and set aside. Cook asparagus 2-4 minutes in boiling water. Drizzle with dressing and sprinkle with the pepper "confetti."



1. Cook asparagus. Drain well, pat dry.
2. Place in blender. Add remaining ingredients. Blend until smooth.
3. Dip will become less thick upon standing and will need to be stirred.
4. Serve as you would avocado guacamole or with whole wheat crackers or vegetable spears.



- Asparagus comes in green, white and purple.
  - Asparagus has been called the "food of kings;" one of the kings of France had greenhouses built so that he could eat asparagus all year long.
  - When you say the word "asparagus," you're practically speaking Greek! It comes from the Greek word that means "sprout" or "shoot."
- One of the most popular varieties of asparagus was named after Martha Washington, the wife of the first president of the United States. How would you like to have a vegetable named after you? Which vegetable would you want named after you?
- In the right conditions, asparagus can grow as much as one inch per hour— up to 12 inches in one day!

Did you know???

**IMPRESS YOUR FRIENDS!  
LEARN TO SAY THE WORD  
"ASPARAGUS" IN FIVE  
LANGUAGES:**

**Spanish: esparrago**  
**French: asperge**  
**Italian: l'asparago**  
**German: spargel**  
**Swedish: sparris**

## THE ASPARAGUS WORD GAME

How many words can you make with the letters in ASPARAGUS? There are at least 24. Can you find more?



- |     |       |     |       |
|-----|-------|-----|-------|
| 1.  | _____ | 13. | _____ |
| 2.  | _____ | 14. | _____ |
| 3.  | _____ | 15. | _____ |
| 4.  | _____ | 16. | _____ |
| 5.  | _____ | 17. | _____ |
| 6.  | _____ | 18. | _____ |
| 7.  | _____ | 19. | _____ |
| 8.  | _____ | 20. | _____ |
| 9.  | _____ | 21. | _____ |
| 10. | _____ | 22. | _____ |
| 11. | _____ | 23. | _____ |
| 12. | _____ | 24. | _____ |

Need a giggle? Try this...  
Inside the restaurant...  
Customer: Have you got asparagus?  
Waiter: I'm sorry sir, we don't serve sparrows! And my name is John, sir... not Gus!

- Answers include:
- 1. A
  - 2. AGAR
  - 3. AS
  - 4. ASP
  - 5. GAP
  - 6. GAPS
  - 7. GAS
  - 8. GRASP
  - 9. PASS
  - 10. PAR
  - 11. PUG
  - 12. PUGS
  - 13. PUGS
  - 14. RAPS
  - 15. RAPS
  - 16. RAG
  - 17. RAGS
  - 18. SAG
  - 19. SAGS
  - 20. SAGA
  - 21. SAP
  - 22. SPA
  - 23. SPAS
  - 24. SUGAR

**UtahStateUniversity**  
**FOOD \$ENSE**  
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

PUT A LABEL WITH YOUR COUNTY INFORMATION HERE

This material was funded by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact us at 1-800-221-5689 or online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.