



ASPARAGUS – the first of Lathcoats home grown fruits and vegetables, and a super food!

Part of the lily family, asparagus derives from an early name for the plant, ‘sparrow grass’. The spears are cut regularly as they grow up from the base of the plant.

Asparagus is one of the most nutritionally well-balanced vegetables in existence. It leads nearly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet. From rutin, to thiamine, and vitamin B6.

Asparagus is the leading supplier among vegetables of folic acid. Its wealth of nutrients, fibre and very low sodium and calorie content (less than 4 calories per spear) make asparagus a healthy and tasty choice!

The British asparagus season starts in April/May and lasts around six to eight weeks

How to cook asparagus (the secret is not to overcook it!)

The bottom of the stem is tough. When preparing the asparagus, bend each stem gently, and where it naturally bends marks the point to cut off the tougher part of the spear. You can:

- Steam it
- Lay it in a frying pan, just cover with water and boil under tender – 3 to 6 minutes depending upon the thickness of the stems. You can then drain the water, add some butter to the pan and let it melt to coat the vegetables. Lemon drizzled over the asparagus is also wonderful.
- Stir fry it
- Bake it, with salmon for example
- Add it to a pan of pasta in the last few minutes of cooking, chopped into 2 inch pieces, then mix it in with your chosen ingredients.
- Add it to risotto or omelettes
- Lay it on squares of puff pastry with a base layer of mascarpone and parmesan to make pastry tarts