
Selection

Asparagus season is early spring so it will be one of the first vegetables available at farmers' markets!

When buying asparagus, choose green stalks with dark green to purplish tips which are close and compact.

Thinner stalks are more tender than thicker stalks.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Keep asparagus in the vegetable drawer or in a plastic bag to prevent it from drying out.
- ◆ Wash produce under running water right before eating or using.
- ◆ Trim off stalk ends before using.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Local foods taste good!



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI;
<http://polk.uwex.edu> (June, 2014)



Asparagus Espárrago

Uses

Asparagus is good steamed, stir-fried or cooked in the microwave.

Use it in salads, pasta dishes, stir fries, or eat cold with your favorite dip.

Wisconsinites love eating steamed asparagus with melted cheese on top!



Chicken Asparagus Rolls

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source Vitamin C
- ◆ Good source of Iron

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Try It!

Chicken Asparagus Rolls

INGREDIENTS

- 12 Fresh asparagus spears
- 4 (4 oz.) Boned, skinned, chicken breast halves
- 1/4 cup (1 oz.) Swiss cheese, shredded
- 2 cups Sliced mushrooms
- 3 Tbsp. Dry white wine
- 1 tsp. Lime juice
- 1/2 Tbsp. Dried whole tarragon
- 1 tsp. Minced fresh parsley

INSTRUCTIONS

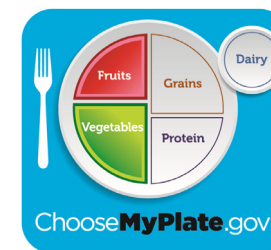
1. Snap off tough ends of asparagus and remove scales with a vegetable peeler. Set aside.
2. Trim fat from chicken. Place each breast between wax paper and flatten to 1/4 inch thickness.
3. Place 3 asparagus spears on each chicken breast; top with 1 Tbsp. cheese. Roll up lengthwise; secure with wooden picks.
4. Place chicken seam side down in a 10 in. glass pie plate coated with cooking spray. Cover with plastic wrap, venting one corner.
5. Microwave on High for 5 to 6 minutes or until done.
6. Let chicken rolls stand covered for 5 minutes.
7. Combine mushrooms, wine, lime juice,

and tarragon in 1 quart glass measuring cup.

8. Microwave on High for 2 to 3 minutes; stirring once. Stir in parsley.
9. To serve, remove chicken rolls from cooking liquid, spoon mushroom sauce over chicken. Great with rice!

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Many Greeks and Romans not only enjoyed the taste of asparagus, but also believed that it possessed medicinal properties (from healing toothaches to preventing bee stings).

Asparagus gained in popularity in France and England in the 16th Century and was then brought over to the U.S.

There are two varieties of asparagus: green, the more common, and white, which is grown under the soil.