



# ASPARAGUS

**SPRING**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Plant one-year-old crowns in a trench 12 to 18 inches (in.) wide and 9 to 12 in. deep in a sunny, well-drained area in the spring. Space crowns 18 to 24 in. apart and cover with 2 in. of soil. Harvest asparagus the second year after planting by cutting or snapping spears 5 to 8 in. in length at the soil line for one month. In the fourth year, harvest from April to June.



# PREP

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Prepare asparagus the same day that it is harvested or purchased. Trim about 1/4 in. off of the end, rinse in warm water several times, and pat dry. For best quality, refrigerate and use within 2 to 3 days. Asparagus can be eaten boiled, stir-fried, baked, sautéed, grilled, or microwaved.



# EAT

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Enjoy sautéed asparagus in an egg-based breakfast skillet or quiche! Baked asparagus sprinkled with parmesan cheese is a delicious side dish paired with poultry or fish. Top your pizza with thinly shaved asparagus! Throw bacon-wrapped asparagus on the grill with your favorite protein.



# LEARN

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Asparagus was first cultivated in Greece about 2,500 years ago. Asparagus is a **vegetable** and can be green, white, or purple in color. Asparagus is a great source of potassium and high in vitamin B6. The Greeks believed that asparagus was a herbal medicine that prevented bee stings.

