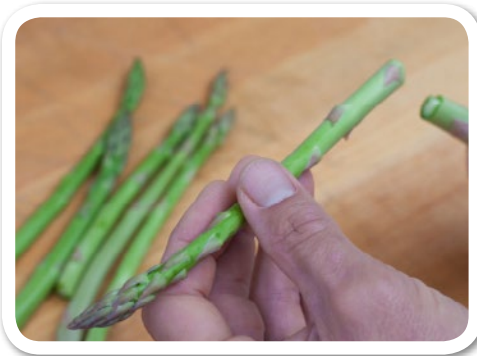


FOOD PREPARATION STEPS



1. Rinse asparagus under cool running water.



2. Cut off the bottom half inch of each spear.



3. Steam asparagus until tender.



Note: Young asparagus spears may be eaten raw and do not need to be trimmed.

Asparagus is high in Vitamin K, which is essential for proper functioning of the blood. It is also a good source of Vitamins A and C, which are both important for preventing disease.



● MODERATE AVAILABILITY
 ● PEAK AVAILABILITY

- Asparagus is available year-round in Hawai'i, with locally grown asparagus in markets within a day of harvest.
- Look for firm, bright green stalks with tightly closed tips.
- Choose stalks that are similar in diameter so they cook in the same amount of time. Thicker stalks will need a few extra minutes.
- Asparagus should be stored upright in the refrigerator, standing in a half inch of water.
- Make sure asparagus tips stay dry during storage.
- Stored properly, fresh asparagus can last up to a week in the refrigerator.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.