

[Asparagus Recipes](#) Over 100 Asparagus Recipes To Eat Get Quick & Easy Asparagus Recipes deliciousrecipeideas.com
[How to Lose Stomach Fat](#) Learn how 1 secret Diet tip will melt away all the ugly stomach fat recipe.lowfatlifestyle.com/
[White Asparagus](#) From Spain, Large Stalks in Water Gourmet Spanish Food in America Tienda.com

Powered by [Google](#)



ADD RSS 

18 May 2009 10:08 am

[Asparagus Spears: Eat Them, Don't Throw Them!](#)

Although it's a vegetable, asparagus looks a bit like a weapon on first glance. Like a medieval spear, it's long and slender — fat at the bottom, narrowed into a point at the top — and is riddled with sharp looking barbs that would no doubt slice you if they were made of metal. Luckily, they're not. Instead, they're made of delicious, woody stalks and natural sugars, making these spears ideal for eating instead of throwing.



Even ancient warriors agree, as asparagus was grown in ancient Egypt and in ancient Rome, by the subjects of Julius Caesar himself. In fact, an old Roman saying — “As quick as cooking asparagus” — was a popular way to say you'd accomplished something quickly.

As early as 200 B.C. people were leaving written instructions for growing asparagus. The English word — which comes from the Greek word *asparagos*, meaning *sprout* or *shoot* — didn't appear in print, however, until 1000 A.D. A few hundred years later, during the 15th and 16th centuries in Renaissance-era Italy, asparagus was especially popular, as it was a sign of elegance and wealth. In fact, it became known in Europe as “the food of kings” because King Louis XIV of France enjoyed it so much that he had special greenhouses built to produce a year-round supply of it.

It's no wonder Louis liked it so much, as asparagus — a member of the Lily family — is among the world's most nutritious vegetables. At less than four calories per spear, it's loaded with folic acid, potassium, fiber, thiamin, vitamin C and vitamin B6, not to mention rutin, a compound that strengthens capillary walls. It's so nutritious, in fact, that ancient Chinese herbalists used asparagus root to treat everything from arthritis to infertility.

Because asparagus is so nutritious, we're lucky that we can get it year-round. Although spring is the best season for fresh asparagus — crops in the United States are typically harvested from late February to June, April being the peak — it's grown year-round all over the world. That's because an asparagus plant is among the heartiest plants out there, capable of producing asparagus for up to 15 years. In fact, under ideal conditions a single asparagus crown can produce a 10-inch asparagus spear in just 24 hours, which means that some asparagus fields must be harvested every day. In the United States, where nearly 95 percent of the country's fresh asparagus is grown in California, that harvest adds up to 200 million pounds every year.

That's a lot of asparagus to eat. Luckily, it's hard to get bored eating it, as there are several varieties of asparagus — green, purple and the ever-elegant white, which is asparagus that's been deprived of light and is therefore milder in flavor and more tender than the green variety — and many ways to prepare it. Try blanching it, for instance, for five to eight minutes in boiling water. Or, better yet, roasting it with olive oil in a high-temperature oven for 10 to 15 minutes. Bored with that? You can stir fry it, steam it or even grill it.

However you prepare it, you'll get the best results when you choose asparagus spears that are firm and closed at the tip. You can choose thick stalks or slender ones — both are delicious — but be sure to trim an inch or two off the ends before cooking. If they're especially thick, it's a good idea to peel them, too, with a vegetable peeler. After that, the spears are ready to throw — straight onto your dinner menu!

[Share This](#)

Archived Under: [Farmers Market](#) & [Seasonal Specials](#) & [Table Talk](#) |



great happens
WHEN GREEN HAPPENS.

Save 3% when you Meet and Be Green
at Hyatts in the Midwest by Dec 31, 2010.

LEARN MORE ▷

GREAT HAPPENS | HYATT
WHEN PEOPLE GET TOGETHER

HYATT.COM

4 Responses

1. [AndrewBoldman](#) Says:

[June 4th, 2009 at 5:02 pm](#)

I really liked this post. Can I copy it to my site? Thank you in advance.

2. [Travels in Taste](#) Says:

[June 5th, 2009 at 5:47 am](#)

Hello Andrew

We're happy you like the post! We would prefer you link to the post, but if you'd like to copy it that's fine as long as you give credit to TravelsinTaste.com and send us a reciprocal link.

Happy Dining,
Travels in Taste Staff

3. [MichaellaS](#) Says:

[July 22nd, 2009 at 4:00 pm](#)

tk's for the effort you put in here I appreciate it!

4. [TravelsinTaste.com's Staff](#) Says:

[July 29th, 2009 at 9:27 am](#)

And we appreciate your viewing!

Leave a Comment

Name

Mail (will not be published)

Website

Please note: Comment moderation is enabled and may delay your comment. There is no need to resubmit your comment.



Travels In Taste is a website devoted to gourmet food. We want to provide you, the diner, with the most comprehensive and objective information on the Web about the world's most talked-about dining experiences so that you can make your informed decisions.



[Rob Lubin](#)

[Matt Alderton](#)

[Susannah Kopecky](#)

[Jarrett Melendez](#)

[TravelsinTaste Staff](#)



[Charlie Palmer Steak](#)

[Cut of the Week](#)

[MOzen Power Lunch](#)

[Bistro 61 Debuts](#)

[New Menu and Wine](#)

[Clearance](#)



- [Farmers Market](#) (24)
- [Fun Fine Dining](#)
- [Fridays](#) (16)
- [Green Market](#)
- [Mondays](#) (14)
- [Restaurant Trends](#) (50)
- [Seasonal Specials](#) (100)
- [Spotlight](#) (259)
- [Table Talk](#) (30)
- [Thursday's Top Picks](#) (16)
- [Tuesday's Table](#) (16)

- [Uncategorized](#) (24)
- [Wine & Spirits Wednesdays](#) (17)



- [Las Vegas Restaurant Openings](#)
- [Waiter, Bring Me Shad Roe!](#)
- [Asparagus Spears: Eat Them, Don't Throw Them!](#)



- [October 2010](#) (8)
- [September 2010](#) (20)
- [August 2010](#) (22)
- [July 2010](#) (20)
- [June 2010](#) (23)
- [May 2010](#) (19)
- [April 2010](#) (20)
- [March 2010](#) (22)
- [February 2010](#) (6)
- [January 2010](#) (21)
- [December 2009](#) (20)
- [November 2009](#) (5)
- [October 2009](#) (19)
- [September 2009](#) (20)
- [August 2009](#) (16)
- [July 2009](#) (20)
- [June 2009](#) (21)
- [May 2009](#) (11)
- [April 2009](#) (7)
- [March 2009](#) (7)
- [February 2009](#) (9)



Polls

**Who is your
favorite Chef at
Encore?**

- Kim
Canteenwalla
(Society Café
Encore)
- Rene Lenger
(Switch
Steakhouse)
- Mark LoRusso
(Botero)
- Theo
Schoenegger
(Sinatra)
- Jet Tila
(Wazuzu)

[View Results](#)

- [Polls Archive](#)

Search:

•

Copyright 2009 Travels In Taste | Website | Contact