



Asparagus

Asparagus is one of our most nutritious seasonal vegetables, typically grown in Britain between April and June.

It's naturally low in calories and rich in fibre to support gut health, along with vitamins and potassium which help support immunity and healthy blood pressure.

Store:

- With a damp cloth or a paper towel, cover the asparagus and keep in the salad drawer of your fridge
- For even better results, you can keep them in your fridge like flowers, in a jar with cold water
- The water should submerge the vegetable between $\frac{1}{4}$ and $\frac{1}{2}$ of the length of the stem
- Last around 5 days
- Cooked asparagus should be in an airtight container to last another 3 to 5 days

Freeze:

- Wash and cut any woody stems before blanching
- After blanching, lay out on a tray to freeze until transferring into a freezer bag
- The process is also applicable to cooked asparagus

Give it a new lease of life

If the asparagus has become limp, trim the ends of the spears and submerge them in cold water. In about an hour they will be revived.

Video Links