



asparagus

Asparagus (*Asparagus officinalis*) is a perennial flowering plant native to Eurasia, widely grown for its tender young shoots which are enjoyed as a spring vegetable^[1]. It offers notable health benefits, is rich in vitamins and antioxidants, and is low in calories, making it a nutritious dietary choice^[2].

Botanical Description

Asparagus plants typically grow to 100–150 cm tall and feature stout, branched stems with feathery foliage^[1]. The “leaves” are actually needle-like structures called cladodes. Edible asparagus spears are the tender stems harvested in spring, while mature plants develop feathery ferns vital for future growth^[3].

Nutrition and Health Benefits

Asparagus is low in calories—half a cup contains about 20 calories—and provides fiber, protein, and significant amounts of vitamin K, folate, and vitamins A and C^[2]. It also contains antioxidants such as vitamin E, quercetin, and anthocyanins, which support cell health, immunity, and may help regulate blood sugar and cholesterol^[2].

Culinary Uses

- Asparagus can be roasted, sautéed, boiled, blanched, or grilled^[4] ^[5].
- It pairs well with olive oil, salt, pepper, lemon juice, cheese, and herbs^[4] ^[5].
- Both green and white varieties are popular, with white asparagus often served with Hollandaise sauce^[2].

Growing and Harvest

Asparagus is a perennial crop that can last 15 years in a garden, commonly grown from crowns or seeds^[3]. It thrives in well-drained soil and begins yielding shoots two years after planting crowns or three years after seeds^[3].

Safety Note

The plant’s red berries are toxic to humans and should not be consumed^[1].

Summary Table

Fact	Details
Botanical Name	Asparagus officinalis ^[1]
Calories (½ cup)	20 ^[2]
Key Nutrients	Vitamin K, Folate, Vitamin A, Fiber ^[2]
Lifespan (garden)	Up to 15 years ^[3]
Preparation Methods	Roasted, grilled, steamed, sautéed ^[4] ^[5]
Edible Part	Young shoots ("spears") ^[1]

Asparagus is celebrated for its distinct flavor, versatility in cooking, health benefits, and role as an early spring vegetable ^[1] ^[2] ^[4] ^[3].



1. <https://en.wikipedia.org/wiki/Asparagus>
2. <https://www.healthline.com/nutrition/asparagus-benefits>
3. <https://extension.umn.edu/vegetables/growing-asparagus>
4. <https://www.delish.com/cooking/recipe-ideas/a20094371/how-to-cook-asparagus-recipe/>
5. <https://cookieandkate.com/perfect-roasted-asparagus-recipe/>
6. <https://www.allrecipes.com/recipe/214931/oven-roasted-asparagus/>
7. <https://www.thepioneerwoman.com/food-cooking/recipes/a11484/oven-roasted-asparagus/>
8. <https://www.youtube.com/watch?v=a0fdIqNCrXk>
9. <https://www.youtube.com/watch?v=NqYN7LvJIOU>