





Asparagus

History

As a member of the lily family, asparagus is said to have been cultivated over 2500 years ago in Eastern Mediterranean and Asia Minor area. The name itself is of Latin origin from the word "sparagus," however, in Greece, it was named "aspharagos or aspáragos, which translates to "sprout" or "shoot" and used at a medicament for toothaches and bee stings as it and is a notable medicine, diuretic and aphrodisiac qualities. By the 1700s, it traveled to North America where it was discovered to mature in 3 years and was a crop with the ability to last 15 years. Today it's primarily grown in New Jersey, Massachusetts, California, and Washington and sold typically in fresh bundles, frozen or canned.

Historically, asparagus was considered food of the "aristocrat of the allium world" as food of kings and a luxury vegetable featured in art work know for growth above the earth and below eluded chlorophyll and thus its green color for a white skin. The purple hue is sweeter and turns green when cooked. The "crowns" are winter cropped intended for bloom in spring.

This long stalk veggie too became a cookbook feature item as far back as the third century in "De re culinaria." This text is written in 1498 by Apicius, Gabriel Hummelberger, and Martin Lister filled with ancient Roman recipes. Its long body and frilly head are a neat, perfected plant which offers classy staunch table appeal. Having its distinct flavor and odor, any host can only accentuate it's look with choice sauce and flavor when served in its natural state.

"Stiffness and Pedantry" were terms used to depict this low caloric crop noted for its nutritious, tender spears rich of vitamins, fiber and antioxidants. It is versatile spring vegetable which can be prepared as steamed, roasted, grilled, sauteed, or edible raw. Often accompanied with variety of seasoned sauces or simple oil, lemon, herbs, or garlic flavor. It too can be soaked for a one-to-two-day period in sugar water to encourage moisture and sweetness.

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Growing Asparagus

Its buds emerge from under the earth and as temperatures rise, it forms its edible spear. Upon the onset of harvesting this crop, growers leave the spears to spiral into a "fern" which stimulates the growth of crowns beneath the earth. It is from these crowns that the actual cultivation of asparagus begins after approximately three years. Unique to this plant is its ability during non-harvesting periods to build energy reserve which ensures the extended 10-to-15-year high quality production. There is also a recognized "dual" season production practice in area of mild winters. As a perishable or fast spoiling crop, asparagus timing the fall or second harvest provides reduced refrigeration time reducing plausible deterioration and affords more desirable taste.

1930's US, South Carolina bore primary host to asparagus production. Later years would include New Jersey, Delaware, California extending onto North Carolina and Georgia for their coastal locations enabling easy transport. This was due to migration and demand for supply increases. Especially inclusive of the elitists resort communities along this corridor seeking local and organic produce. Having a consistent level of production cost, it was necessary in 2009, using grant funding, to conduct a study of the marketability of asparagus using real condition(s) determinants of viability and cultivation trial gardens were tested. It was since concluded that it remains a viable consumer high volume interest good.

Greenhouse-Grown Asparagus

In comparison to field crops, greenhouse protected asparagus can be harvested two to four weeks faster. This enclosure protects the plant from the elements, use direct optimization of heating and humidity reducing pathogens, increasing an outcome of a more uniform crop and improving flavor.

Possibilities inside serving asparagus for Breakfast, Salads & Brunch

As a vegetable side we must appreciate the natural presence of asparagus as a full spear typically steamed with garlic, herbs, salt, oil, pepper etc... seasoning and served with a host of sauces:

Hollandaise bearnaise lemon butter creamy mustard balsamic glaze

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1. Asparagus Frittata using fontina cheese and herbs
2. Soup:

   Creamy asparagus, lemon, and walnut has a nutty, bright taste

   Thai-scented asparagus blended and creamed with coconut milk, lemongrass, and ginger
3. Stir fry:

   Beef, asparagus, mushrooms, and flank steak seasoned and cooked with skillet made sauce

   Paper-thin asparagus with butter and Soy (raw shaved spears for salads)
4. Roasted:

   Tender asparagus spears wrapped in bacon or prosciutto which can be air-fried or baked

   Asparagus with Balsamic & Tarragon as a flavorful tangy side
5. Pasta ingredient:

   Asparagus risotto is creamy classic cheesy rice dish

   Cascatelli primavera uses spring fresh asparagus, mint, and peas
6. Sauce:

   Asparagus blended into a variety of sauces having green color additives of lemon, garlic, Parmesan cheese, oil, or butter as sauces, dips, and purees

   Pesto using asparagus in place of the basil within a traditional recipe

   Baby Food: simple blended fresh asparagus with little additives if any at all
7. Pastry:

   Asparagus can be supplemented or replace food items in quiche, tarts, or puff pastry
8. Braised asparagus spears in flavor sauce(s). Each spears skin is peeled.
9.

<u>My suggestions</u> for blended asparagus with added flavor making in ingredients can be a unique additive to other dishes such as pizza, quiche or egg muffins, omelets, and more attractive inside flaky pastry cream and within a mix of spices, cheeses, asparagus & parmesan topping and selective meat(s).

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It is widely received outside of its typical plated state into many dynamical recipes using a more refined texture and appearance. This affords the chef or host table play serving it for dipping and eating appeal.





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Wikipedia AI overview

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