



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Asparagus

Lakota: hust'ola



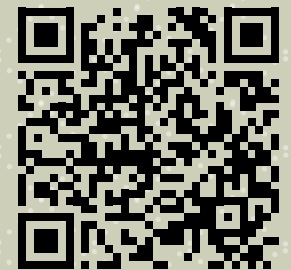
Pick it!

Choose firm,
closed stalks
with green to
purplish tips.

Try it!

Steam, boil, grill,
roast or add to
casseroles or
salads.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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S-0001-20

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Spring



Asparagus

Lakota: hust'ola

Pick it!

Choose firm, closed stalks with green to purplish tips.

Stems should be smooth and even in color.

Avoid dry stem ends and wilted spears.

Thick or thin stems are both acceptable, similar sizes cook more evenly.

To store, trim stems and stand stalks in a glass of 1-2 inches of water.

Cover with a plastic bag and use within 2-3 days.

Try it!

Asparagus can be steamed, boiled, grilled or roasted; add it to salads, pasta dishes, stir-fries or eaten cold with a dip.

The key to perfect asparagus is to cook it briefly.

Cook it as soon as possible to avoid loss of flavor and moisture.

To remove the ends, hold each end and bend until the spear breaks in 2.

The tougher bottoms can be saved for soups or stocks.



Types of Asparagus

Green: Most are green, also grows wild, ranges from pencil-thin to very thick

White: Sunlight deprived stalks, milder and more delicate, mostly available canned, in jars

Purple: Very thick and substantial stalk, not common



Did you know...

Iron is a mineral that our bodies need to make red blood cells, muscles and carry oxygen in the body. Few veggies are high in iron.

Like it!

Sautéed Asparagus with Mushrooms

Ingredients

- 1 pound asparagus, trimmed
- 1 teaspoon salt
- 1 ½ Tablespoons extra virgin olive oil
- ½ cup fresh mushrooms, sliced
- 1 teaspoon fresh thyme, chopped or ½ teaspoon dried
- Freshly ground black pepper to taste

Directions

1. In large skillet, bring 2 inches of water to boil with salt. Prepare ice water, set aside.
2. Add asparagus to boiling water, cook 4-5 minutes, until barely tender. Remove spears, place in ice water. Let cool, drain and set aside.
3. In same skillet, heat oil over medium-high heat. Add mushrooms, asparagus, thyme, salt and pepper to taste.
4. Cook until mushrooms are wilted and asparagus is heated through, 3-4 minutes.
5. Serve warm or chilled.

Yields 4 servings

Nutrition Facts per Serving:
Calories 70, Fat 5g, Cholesterol 0mg, Sodium 0mg,
Carbohydrates 5g, Fiber 2g, Sugar 2g, Protein 3 g

Sources: urbanext.illinois.edu/veggies/asparagus.cfm

Easy Asparagus Soup

Ingredients

- 1 (15 ounce) can asparagus
- 1 (14.5 ounce) can chicken broth
- ½ cup non-fat milk (optional)
- Salt and pepper to taste

Directions

1. Blend the asparagus (with liquid in the can) in blender until it is completely smooth.
2. Heat asparagus and chicken broth in a saucepan over medium heat.
3. Stir in milk (if using) and bring to simmer.
4. Add salt and pepper to taste.
5. Serve and enjoy.

Yields 4 servings

Nutrition Facts per Serving:
Calories 35, Fat 1g, Cholesterol 0mg, Sodium 700mg,
Carbohydrates 5g, Fiber 1g, Sugar 2g, Protein 3g

Sources: digitalrepository.unm.edu/chile-plusmod8nc/2

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
extension.sdstate.edu**

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S-0001-04

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Asparagus

Lakota: hust'ola

- Choose firm, closed stalks with green to purplish tips.
- Avoid dry stem ends and wilted spears.
- Thick or thin stems are acceptable, similar sizes cook more evenly.
- Cover with a plastic bag and use within 2-3 days.
- Steam, boil, grill or roast; add to salads, pasta dishes, stir-fries or eat cold with a dip.
- The key to perfect asparagus is to cook briefly.
- Cook as soon as possible to avoid loss of flavor and moisture.

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Sautéed Asparagus with Mushrooms

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- 1 teaspoon salt
- 1 ½ Tablespoons extra virgin olive oil
- ½ cup fresh mushrooms, sliced
- 1 teaspoon fresh thyme, chopped or ½ teaspoon dried
- Freshly ground black pepper to taste

Directions

1. In large skillet, bring 2 inches of water to boil with salt. Prepare ice water, set aside.
2. Add asparagus to boiling water, cook 4-5 minutes, until barely tender. Remove spears, place in ice water. Let cool, drain and set aside.
3. In same skillet, heat oil over medium-high heat. Add mushrooms, asparagus, thyme, salt and pepper to taste.
4. Cook until mushrooms are wilted and asparagus is heated through, 3-4 minutes. Serve warm or chilled.

Yields 4 servings

Nutrition Facts per Serving:

Calories 70, Fat 5g, Cholesterol 0mg, Sodium 0mg, Carbohydrates 5g, Fiber 2g, Sugar 2g, Protein 3 g

Sources: urbanext.illinois.edu/veggies/asparagus.cfm

Easy Asparagus Soup

Ingredients

- 1 (15 ounce) can asparagus
- 1 (14.5 ounce) can chicken broth
- ½ cup non-fat milk (optional)
- Salt and pepper to taste

Directions

1. Blend the asparagus with liquid from the can in blender until it is completely smooth.
2. Heat asparagus and chicken broth in a saucepan over medium heat.
3. Stir in milk (if using) and bring to simmer.
4. Add salt and pepper to taste.
5. Serve and enjoy.

Yields 4 servings

Nutrition Facts per Serving:

Calories 35, Fat 1g, Cholesterol 0mg, Sodium 700mg, Carbohydrates 5g, Fiber 1g, Sugar 2g, Protein 3g

Sources: UNM Prevention Research Center. "Nutrition Curriculum Module 8 Asparagus." (2012). digitalrepository.unm.edu/chile-plusmod8nc/2



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In season:



Spring

Asparagus

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Sampling Display Instructions

Sautéed Asparagus and Mushrooms

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per sample serving			
Asparagus, cut into $\frac{3}{4}$ inch lengths	1 $\frac{1}{4}$ pounds (about 2 $\frac{1}{2}$ cups)	1 $\frac{1}{2}$ pounds (about 3 cups)	2 $\frac{1}{2}$ pounds (about 5 cups)
Salt	1 $\frac{1}{4}$ teaspoons	1 $\frac{1}{2}$ teaspoons	2 $\frac{1}{2}$ teaspoons
Extra virgin olive oil	5 teaspoons	3 Tablespoons	$\frac{1}{4}$ cup
Fresh mushrooms, sliced (or canned)	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups
Fresh thyme, chopped (or dried)	1 $\frac{1}{4}$ teaspoons ($\frac{2}{3}$ teaspoon dried)	1 $\frac{1}{2}$ teaspoons ($\frac{3}{4}$ teaspoon dried)	2 $\frac{1}{2}$ teaspoons (1 teaspoon dried)
Black pepper	To taste	To taste	To taste

Directions:

1. In large skillet, bring 2 inches of water to boil with salt. Prepare ice water and set aside.
2. Add asparagus to boiling water, cook 4-5 minutes, until barely tender. Remove spears, place in ice water. Let cool, drain and set aside. Cut asparagus into $\frac{3}{4}$ inch lengths for ease of sampling.
3. In the same skillet, heat oil over medium-high heat. Add mushrooms, asparagus, thyme, salt and pepper to taste. Cook until mushrooms are wilted and asparagus is heated through, 3-4 minutes. Chill.
4. Transport in a cooler over ice. Serve chilled. Try to provide a bit of asparagus and a bit of mushroom in each sample.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=rHwDEQhTaMk



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Prepare Sautéed Asparagus and Mushrooms and transport in a cooler. Do not overcook. Remind samplers that this can also be served warm.
- Ask them if they use asparagus often in their meals. Ask if they could use this recipe.
- Suggest that freezing asparagus when in season while it is less expensive can help you have it all winter.
- Lakota words translated by Jeshua Estes.

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Sampling Display Instructions

Easy Asparagus Soup

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Asparagus, canned	11 ounces	15 ounces	22 ounces
Chicken broth	1 cup, 5 tablespoon	14.5-ounce can	29-ounce can
Nonfat milk (optional)	¼ cup, 2 Tablespoons	½ cup	¾ cup
Salt	To taste	To taste	To taste
Black pepper	To taste	To taste	To taste

Directions:

1. In a blender, blend the asparagus with the liquid from the can until it is completely smooth.
2. Heat asparagus and chicken broth in a saucepan over medium heat.
3. Stir in milk, if using, and bring to a simmer.
4. Add salt and pepper to taste.
5. Serve and enjoy.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Prepare Easy Asparagus Soup and transport in cooler or secured slow cooker (depending on distance).
- Ask them if they use asparagus often in their meals. Ask if they could use this recipe.
- Suggest that freezing asparagus when in season while it is less expensive can help have it all winter.
- Lakota words translated by Jeshua Estes.

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