

Fresh Facts:

Asparagus



HEALTHY INSIGHTS

Chef Ben's cooking tip:

Grill asparagus spears until crisp-tender and bright. Halve thicker spears lengthwise to ensure they cook through without overcooking the ends. Drizzle with olive oil & lemon and season to taste with salt & pepper!

- Its Vitamin K content supports heart health
- High levels of antioxidants + anti-inflammatory components help protect against cancer + diabetes
- Fiber + protein aid healthy digestion
- Regulates blood sugar thanks to Vitamin B6
- Good source of Asparagine, an amino acid that helps flush the body of excess salt

FRESH TRIVIA

The emperor Caesar Augustus would bark "Velocius quam asparagi conquantur!" or "Faster than cooking asparagus," which can be loosely translated as, "Get going already!"



SPICE
— FIELD KITCHEN —