

White Asparagus

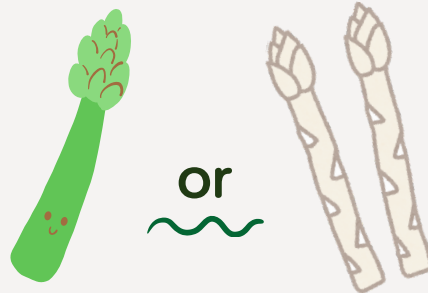
Look: White asparagus is grown using the process known as etiolation, meaning it is deprived of sunlight, usually being covered with dirt or a covering until it is ready to pick. This prevents production of chlorophyll, the chemical which makes plants green.

Taste: White asparagus has a milder, sweeter flavor than the green asparagus. It also has a slightly nutty taste.

Touch: How does the tip of the asparagus feel? Is it smooth or bumpy?



Can you taste the difference between white and green asparagus? Which do you like better?



Did you know?

Before harvesting, white asparagus can spend up to 3 years in the ground!



Nutritionals

White asparagus is a good source of fiber, folate, and vitamins C and K. It also contains antioxidants that can help boost the immune system and reduce inflammation.

Fiber

Folate

Vitamin C

Vitamin K

Antioxidants