



Know What You Grow!



Asparagus

Scientific Name: *Asparagus officinalis*

Recommended Varieties:

There are three different types of asparagus, green, white and purple, and many varieties. The two green varieties listed below are proven to do well in our areas.

DePaoli

UC 157

Common Pest(s):

One of the biggest concerns with the asparagus bed is simply weeds. Asparagus is subject to a number of pest and diseases, for more information click on the IPM link.

UCIPM

UCDavis.edu

Growing Information

Cool Season Plant

Asparagus favors temperate climates. Optimal root and fern (foliage) growth occurs from 65° to 85°F. Spear (edible shoot) initiation occurs at soil temperatures above 50°F; spear elongation is faster at higher air temperatures. High temperatures cause the spear tips to open (“feather”) prematurely.

Ideal Planting Window

Inland Valley – January-February

Desert – February-April

Growing Guidance

Crowns are normally placed in the bottom of a furrow and soil is mounded over the plants as they develop to fill in and form a raised bed. Careful attention should be given to field selection because asparagus will occupy the land for 8 to 10 years.

Ucanr.edu



Interesting Facts

California is the leading asparagus-producing state in the United States, followed by Michigan and Washington. California produces asparagus for 7 months of the year, with the heaviest production from March to May.

A distant cousin of the onion, the distinguished asparagus is a member of the Liliaceae (Lily) family. It has been consumed for over 2000 years, and originated in the eastern Mediterranean countries. Traces of wild varieties have been discovered in Africa. Archaeologists believe it was also cultivated in Egypt.

Asparagus can be eaten raw, steamed, boiled or fried.

Allergies: Sulfur compounds in the young shoots are also considered at least partially responsible for mild skin reactions in some people who handle the plant.

[Kitchenproject](#)

[Wikipedia](#)

Photos: Creative Commons

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

EMAIL: anrmgriverside@ucanr.edu

WEBSITE: <https://ucanr.edu/sites/RiversideMG/>

Nutritional Information

Nutritional Value

½ Cup - Calories: 20, Protein: 2.2 grams, Fat: 0.2 grams, Fiber: 1.8 grams, Vitamin C: 12% of the RDI, Vitamin A: 18% of the RDI, Vitamin K: 57% of the RDI, Folate: 34% of the RDI, Potassium: 6% of the RDI, Phosphorous: 5% of the RDI, Vitamin E: 7% of the RDI.

[Health Line](#)

Recipe: Steamed Asparagus & Peas with Lemon & Cheese



Ingredients:

- 1 pound fresh asparagus
- 2 cups frozen peas
- juice from half a lemon
- 2 tablespoons olive oil
- salt & pepper to taste
- freshly grated or shaved Parmesan cheese

Prepare:

In a medium sized sauce pan, add about 2 inches of water and bring to a boil. Meanwhile wash asparagus and snap off brittle ends by holding one end of the spear in each hand. Once boiling, add asparagus to the water and cook for 2-3 minutes. Drain water and add olive oil plus peas (directly from the freezer is fine). Stir and add salt plus pepper. Serve garnished with fresh lemon juice and cheese.

[Food Network](#)