



# Asparagus



## NUTRITION:

Asparagus is an excellent source of vitamin A and contains only 45 calories per cup.

## HOW TO SELECT:

Look for closed, compact tips, smooth, round spears and a fresh appearance. A rich green color should cover most of the spear. Stalks should be tender almost as far down as the green extends. Over mature asparagus is tough and has poor flavor. Avoid excessively sandy asparagus, sand grains can lodge beneath the scales or in the tips of the spears and are difficult to remove in washing.

## FREEZING:

Select young stalks with compact tips. Wash and sort by size. Leave whole or cut in 1 to 2 inch lengths. Blanch small stalks 1-1/2 minutes, medium stalks 2 minutes, large stalks 3 minutes. Cool. Pack in freezer containers.

## CANNING:

### PRESSURE CAN

Raw Pack: Wash asparagus; trim off scales and tough ends and wash again. Cut into 1 inch pieces or leave whole.

In Glass Jars: pack asparagus as tightly as possible without crushing to 1 inch of top. Add 1/2 teaspoon of salt to pints; 1 teaspoon to quarts, if desired. Cover with boiling water, leaving 1 inch headspace at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds (240 degrees F.) for weighted gauge, 11 pounds pressure for dial gauge. Process pints for 30 minutes and quarts for 40 minutes.

Hot Pack: Wash asparagus; trim off scales and tough ends and wash again. Cut in 1 inch pieces or leave whole; cover with boiling water. Boil 2 or 3 minutes.

In Glass Jars: pack hot asparagus loosely to 1 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts, if desired. Cover with boiling-hot cooking liquid. Or if liquid contains grit use boiling water. Leave 1 inch headspace at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 degrees F.) for weighted gauge, 11 pounds pressure for dial gauge. Process pints for 30 minutes and quarts for 40 minutes.

## PICKLING:

### WATER BATH CAN PICKLED ASPARAGUS

8 pints asparagus spears  
6 cups water  
6 cups white vinegar (5%)

6 tbsp. salt  
2 tsp. Pickling Spice (remove cloves)  
Garlic, 1 clove per jar

Wash asparagus well in cool water. Cut into lengths 1/2 inch shorter than the jar. Combine water, vinegar, salt, and mixed pickling spices (tied into a clean, thin white cloth). Heat to boiling. Remove bag containing spices. Pack asparagus into pint or quart jars (with tip ends down). Put 1 garlic clove in each jar. Cover with boiling brine, leave 1/2 inch headspace. Adjust jar lids. Process pints or quarts in a boiling water bath for 10 minutes. Yield: 8 pints. NOTE: Over-mature and tough asparagus becomes tender during the pickling process.

**WASHINGTON PICKLED ASPARAGUS**

2 cups asparagus spears or pieces	1/8 tsp. pepper
1/2 cup water	1/2 cup vinegar
1/4 tsp sugar	1 clove garlic
1/2 tsp salt	1/8 tsp dill, if desired

Wash asparagus in cool water. Cut into spears (6 inches long for quarts, 4 inches long for pints). Combine vinegar, water, sugar, salt, pepper, and dill (if desired). Heat to boiling. Pack asparagus into jars with tip ends down. Put 1 clove garlic in each jar. Cover with boiling brine to within 1/2 inch from top of jar. Adjust jar lids. Process in boiling water bath for 10 minutes for pints or quarts. Yield: 1 pint.

**CAJUN PICKLED ASPARAGUS**

20 pints (or 10 quarts) asparagus spears	Per pint jar:
1/4 cup pickling/canning salt	1/4 tsp. red pepper (more or less according to taste)
2 3/4 quarts cider vinegar (5%)	1 tsp cumin seed (or 1/4 tsp cumin)
2 1/2 quarts water	1 clove garlic
3/4 cup brown sugar	

Procedure: Wash asparagus well in cool water. Cut into jar-length spears. Combine salt, vinegar, water and sugar. Heat to boiling.

Pack asparagus into pint or quart jars (with tip ends down). Put red pepper (to taste), cumin and 1 clove garlic in each jar. Cover with boiling brine, leaving 1/2 inch headspace. Adjust jar lids and process in a boiling-water canner 10 minutes.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

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