

Asparagus Spears



Growing Practices and Nutritional Information

<u>Asparagus Spears Growing Practices And Nutritional</u> <u>Information</u>

agrihortico

Asparagus Spears Growing Practices And Nutritional Information:

Asparagus Spears Roby Jose Ciju, 2019-05-21 Asparagus is a cool season vegetable that belongs to the family Liliaceae Botanical name of asparagus is Asparagus officinalis It is an herbaceous perennial plant Tender shoots spears of asparagus plants are used as a leafy vegetable Asparagus is believed to be originated in Europe Africa and Asia Young shoots of Asparagus are very rich in minerals like iron phosphorus potassium copper manganese selenium calcium magnesium and zinc It is also rich in vitamins and major vitamin present in asparagus are vitamin B6 vitamin A vitamin C vitamin E vitamin K thiamin riboflavin rutin niacin and folic acid Asparagus shoots are low in calories low in sodium rich in protein and a rich source of dietary fiber Asparagus shoots are also rich in an amino acid called asparagine Dried asparagus roots are used as a medicine because of its diuretic properties Productive life of a well managed commercial asparagus plantation is about 10 to **Asparagus Spears** Agrihortico CPL,2021-03-19 Asparagus is a cool season vegetable that belongs to the family Liliaceae Botanical name of asparagus is Asparagus officinalis It is an herbaceous perennial plant Tender shoots spears of asparagus plants are used as a leafy vegetable Asparagus is believed to be originated in Europe Africa and Asia Young shoots of Asparagus are very rich in minerals like iron phosphorus potassium copper manganese selenium calcium magnesium and zinc It is also rich in vitamins and major vitamin present in asparagus are vitamin B6 vitamin A vitamin C vitamin E vitamin K thiamin riboflavin rutin niacin and folic acid Asparagus shoots are low in calories low in sodium rich in protein and a rich source of dietary fiber Asparagus shoots are also rich in an amino acid called asparagine Dried asparagus roots are used as a medicine because of its diuretic properties Productive life of a well managed commercial asparagus plantation is about 10 to Vegetables: A Picture Guide agrihortico, This is a small book of popular vegetables illustrated in images 15 years Fruits and Nuts: A Picture Guide agrihortico, Fruits and Nuts is a picture guide of some popular edible fruits and nuts Nutritional Composition and Antioxidant Properties of Fruits and Vegetables Amit K. Jaiswal, 2020-07-30 Nutritional Composition and Antioxidant Properties of Fruits and Vegetables provides an overview of the nutritional and anti nutritional composition antioxidant potential and health benefits of a wide range of commonly consumed fruits and vegetables The book presents a comprehensive overview on a variety of topics including inflorescence flowers and flower buds broccoli cauliflower cabbage bulb stem and stalk onion celery asparagus celery leaves watercress lettuce spinach fruit and seed peppers squash tomato eggplant green beans roots and tubers red beet carrots radish and fruits such as citrus orange lemon grapefruit berries blackberry strawberry lingonberry bayberry blueberry melons pumpkin watermelon and more Each chapter contributed by an international expert in the field also discusses the factors influencing antioxidant content such as genotype environmental variation and agronomic conditions Contains detailed information on nutritional and anti nutritional composition for commonly consumed fruits and vegetables Presents recent epidemiological information on the health benefits of fresh produce Provides in depth information about the antioxidant properties of a range of fruits and vegetables

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real food made better based on the latest scientific evidence from around the world With over 80 foolproof recipes to put the theory into practice James Wong shows you how to make any food a superfood every time you cook	

Asparagus Spears Growing Practices And Nutritional Information Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Asparagus Spears Growing Practices And Nutritional Information**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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