



Purple Asparagus

What is it?

Purple asparagus is similar in appearance and flavor to both white and green varieties as its original cultivar came from green asparagus. It is differentiated by its violet hued stems and conical crowned tips; however its feathery foliage is still green. It is typically less fibrous than its green counterpart, making it often more tender.

What does it taste like?

Purple asparagus has a higher content of natural sugars than green and white asparagus. This makes the flavor less bold than the traditional green, but slightly sweeter. When cooked purple asparagus is known to have a nuttier flavor, resembling almonds and artichokes.

What to do with it?

This purple veggie can be prepared exactly the same ways as typical green asparagus, the only difference will be a slightly sweeter, nuttier flavor. This means you can simply throw it on the grill, in the oven, steam it, or even pickle it to have a tasty treat year-round!

How to store it?

Asparagus tastes best when cooked the day you buy it. If that's not in the cards, store them as you would store cut flowers: Trim the bottoms and stand the spears up in a glass or jar with about an inch of water. Cover with a plastic bag then refrigerate them for up to 4 days.