TRYING SEA ASPARAGUS FOR THE FIRST TIME?

The mini-me asparagus goes great with seafood and tastes even better when you know it's local, nutritious and sustainable.

Sea asparagus offered by Core Hero grows wild on Lopez Island at a private sea marsh. The tips of the plant are meticulously trimmed by hand with scissors when in season. The process is sustainable and the results are delicious if properly prepared--otherwise it can taste too salty for some people.

This unique plant has a very high mineral profile, containing 92 different trace minerals. Sea asparagus is also a source of unique carbohydrate-related nutrients called sulfated polysaccharides that have been studied for their anti-inflammatory effects.

Fresh sea asparagus will be available at the Core Hero Hard Cider booth at select farmers markets when in season. Check the website for availability: CoreHeroHard Cider.com.

Keep sea asparagus in a refrigerator for up to five days if you want to eat it raw or up to 10 days if you cook it.

How to Prepare Sea Asparagus

Eat it raw as a salty snack, pickled or in salads. Delicious as a cooked side dish served with seafood and pasta.

Sea asparagus is salty and slightly bitter when raw. Soak in water for about one hour to reduce the saltiness. After soaking, blanch in boiling water for 1 to 2 minutes and immediately submerge in ice water to stop the cooking and prevent discoloring.

Shake off, or pat dry, the sea asparagus and saute with butter and garlic for three to four minutes until it starts to crackle.

Many Names, One Plant

Sea asparagus, a small perennial herb, is known by many names including salicornia, pickleweed, samphire greens, beach asparagus, sea beans, glasswort and sea fennel. A halophyte plant (salt-tolerant), the quality of this plant comes from the capability to store minerals, giving it a high nutritional value.

Nutritional Value

Sea asparagus contains chlorophyll, dietary fiber, vitamins A, B2, B9 (folic acid), C, amino acids and minerals from the ocean, including calcium, iron, magnesium, phosphorus, potassium iodine and vanadium.

Sea asparagus grows wild below the Core Hero apple orchard at Fisherman Bay, Lopez Island, WA.

Core Hero Hard Cider
Handcrafted with heritage apples
grown at Lopez Island and Edmonds orchards.
Proudly made in Edmonds, WA

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