

# CitrusRoute

## PERSONAL TRAINING

### Asparagus

Newsletter June 2015

Asparagus is a wonderful seasonal vegetable, available now in farmers markets.

High in vitamin K and folate, asparagus is extremely well balanced, even among nutrient-rich vegetables. "Asparagus is high in anti-inflammatory nutrients as well as provides a wide variety of antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and the minerals zinc, manganese and selenium.

Furthermore, the vegetable contains the amino acid asparagine, as well as chromium, a trace mineral that helps insulin do its job transporting glucose. It's also especially rich in glutathione, a detoxifying compound that can help destroy carcinogens. For this reason, asparagus may help fight or protect against certain cancers, including bone, breast, lung and colon cancers.

Asparagus is a member of the lily family, which also includes onions, leeks and garlic. Asparagus spears grow from a crown that is planted about a foot deep in sandy soils. Under ideal conditions, an asparagus spear can grow 10 inches in 24 hours. Each crown will send spears up for about 6-7 weeks during the spring and early summer.



### Osteoporosis Workshop

Learn how to safely perform your everyday activities, improve muscular strength, balance, & posture. Reduce your chance of fracture.

Next Session September 2015

Call Cindy 519-212-6063 or  
[cindy@citrusroutept.com](mailto:cindy@citrusroutept.com)

Cindy offers private personal training and kinesiology in her home studio. Call or email today to book an appointment.

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### Parmeasan Asparagus

Wash and cut ½ inch end off asparagus

Add 1 tbsp. of olive oil to skillet

Finely chop 2 cloves of garlic-roast for one minute in oil

Add asparagus to skillet and cook for 5 or 6 minutes until tender

Sprinkle Parmesan cheese on top of warm asparagus.

Enjoy!

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