

The King of vegetables

mineral salts *vitamins* *low in calories*
Packed with Virtue!
purifying *fibres* *digestive*
antioxidant



Asparagus

Asparagus are tender, succulent spring vegetables, with an abundance of beneficial properties. White asparagus, which germinates below the soil surface (thus in the absence of light) has a delicate flavour. Green asparagus on the other hand germinates in the sunlight but has a distinct flavour and its buds are sweet in taste. It is the only asparagus that does not require peeling.

SEASONALITY: FROM FEBRUARY TO JUNE

Varieties - Marketing areas and periods:

EEC IMPORTS: From February to March

ITALY: from March to June



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Asparagus pallet composition

Weight Bunches/Bulk	Packaging: no. pcs/pack	Packaging	no. packs/pallet EURO 80x120	no. packs/pallet INDUSTRIAL 100x120
500 GR	N. 10-12 bunches	CART. 60x40	N. 72	N. 90
	N. 8 bunches	CART. 30x50	N. 96	N. 128
	N. 6 bunches	CART. 30x40	N. 128	N. 160
420 GR	N. 10-12 bunches	CART. 60x40	N. 72	N. 90
	N. 8 bunches	CART. 30x50	N. 96	N. 128
	N. 6 bunches	CART. 30x40	N. 128	N. 160
1 KG	N. 6 bunches	CART. 30x50	N. 96	N. 128
5 KG		CART. 30x40x17	N. 96	N. 120
asparagus tips	N. 8 trays	CART. 30x40x12	N. 128	N. 160

Nutritional properties:

Asparagus are a real treasure trove of beneficial nutrients including vegetable fibres, folic acid and vitamins, in particular Vitamin A, Vitamin C and Vitamin E. They also have an interesting combination of mineral salts, amongst which it is worth mentioning chrome, a mineral that helps to improve the capacity of insulin to transport glucose from the blood stream to our body cells.

They have a good diuretic effect and thus help to combat water retention.

They are low in calories and give a high sense of satiety. For this reason, they are recommended for people with weight problems.

They are processed in our facility, at Via Einstein 31, Stanghella (PD) Italy, where they are weighted and packaged:

- bunches of 1 kg or 0.5 kg
- bunches of 420 g
- flow pack trays
- trays with asparagus tips weighing 200 g and 400 g
- boxes of bulk product weighing 5 kg.

The packages are palletized based on the customer's needs. We offer different types of carton sizes and colours.

Customised labelling upon request.

Packaging examples:



BUNCHES from 500 GR.

TRAYS

