

SPOTLIGHT ON PRODUCE

WHAT AM I?

Asparagus is a vegetable that can come in different colors: green, white, and violet-green. Asparagus can be eaten raw, boiled, baked, grilled, or steamed.

HOW DO I GROW?

Asparagus grows as a stem from the ground. They can grow 5-8 inches tall.

NUTRITIONAL FACTS

Asparagus is rich in vitamin C which is good for your immune system. It is also a great source of folate, iron and fiber to support healthy blood cells and digestive health.

ASPARAGUS



What did the asparagus say when it got a flat tire?
"I should have brought a spare, I guess."

FUN FACT

The green color comes from chlorophyll which is activated by the sun. Asparagus that is white is grown with little sun exposure which is why it is white in color!