



Asparagus

- ◇ Asparagus is a member of the lily family
- ◇ Asparagus spears grow from a crown that is planted about a foot deep in sandy soils
- ◇ It begins as a tiny black seed. About a year after planting, the seed has developed long, tubular roots and is then called a “crown”.
- ◇ The crowns are transplanted to fields where they are placed in deep trenches and covered with 10-12 inches of soil
- ◇ It then takes TWO years before the plant is ready to be harvested for the first time.
- ◇ Under ideal conditions, an asparagus spear can grow 10” in a 24-hour period!
- ◇ Each crown will send spears up for about 6-7 weeks during spring and early summer.
- ◇ The larger the diameter, the better the quality.
- ◇ Asparagus is a nutrient-dense food, high in Folic Acid, potassium, fiber, vitamin B6, A and C.
- ◇ Asparagus has No Fat, contains No Cholesterol and is low in Sodium.