


Harvest of the Month



Asparagus



FUN FACTS:

King of Vegetables

Asparagus spears can be green, white or purple.

White spears grow below the ground in the dark, and are harvested below the ground. Purple asparagus is more tender and turns green when cooked.

A vitamin powerhouse, asparagus is high in dietary fiber (good for your digestive system), and one of the best sources of folate (keeps your blood healthy).

Asparagus can take the pain out of a bee sting - just crush it up and apply to the area around the sting.

This institution is an equal opportunity provider.

