

ALL ABOUT ASPARAGUS



HEALTH BENEFITS OF ASPARAGUS

Asparagus is full of vitamins A, C, and K. It contains Fiber and Potassium.



HOW DO YOU KNOW IF
ASPARAGUS IS HAVING A
GOOD DAY?
IT'S ALL SMILES AND SPEAR-IT!

WHAT IS ASPARAGUS?

Asparagus is a long, green vegetable with pointy tips. It's the first vegetable to grow in the spring, often called a spring vegetable. Asparagus can be green, purple, or white!

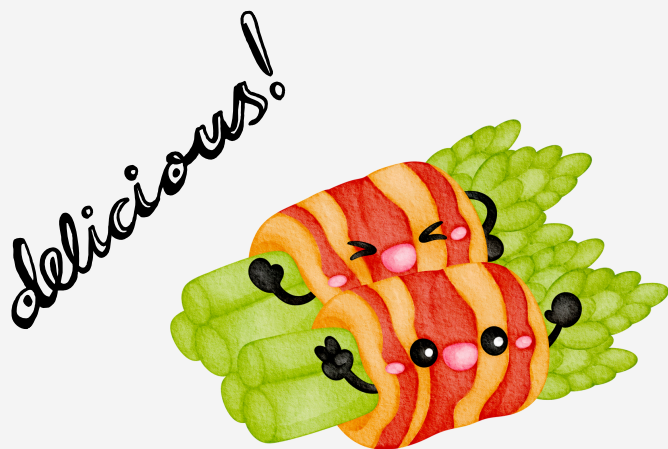
HOW DOES ASPARAGUS GROW?

Asparagus grows from the ground in long, thin stalks. It starts out as a tiny shoot called a spear that grows taller each day. It can grow super fast—up to 10 inches in one day in the right conditions!

Nutrition Facts	
Portion Size	134 g
Amount Per Portion	
Calories	27
% Daily Value *	
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 2.7mg	0 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 2.8g	10 %
Sugar 2.5g	
Protein 3g	6 %
Vitamin D 0mcg	0 %
Calcium 32mg	2 %
Iron 2.9mg	16 %
Potassium 271mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

Tasty





FUN FACTS

- Asparagus has been around for over 2,000 years. It originally came from Europe, Asia, and parts of Africa.
- Eating asparagus can make your pee smell funny.
- In the wild, asparagus grows into tall, fern-like plants if left unharvested.
- Asparagus is a perennial plant, which means once you plant it, it keeps growing every year without replanting!
- Some asparagus plants can live for over 15 years.



ASPARAGUS IN SOUTH DAKOTA

In South Dakota you can pick asparagus in the road ditch. This process is known as ditch hunting. The plants like damp, undisturbed soil. Ditches and fence lines are common spots. In the spring, look for the dried, yellowed remains of bushy, almost tumbleweed-like growths. These are the branchy stalks of asparagus that grew up and went to seed. At the base, new sprouts will be growing.

TRY THIS!

- Asparagus can be steamed, roasted, grilled, or even eaten raw in salads.
- People often add it to dishes like pasta, stir-fry, or serve it as a side with butter or cheese.
- You can wrap asparagus in bacon, dip it in sauces, or add it to a pizza!



yummy