

# Asparagus

**Type:** Vegetable **Main growing areas:** CA, MI, WA, CHN  
**Appearance:** Pale green or white spears with purple-tinged tips



**Asparagus ready to eat**



**How asparagus grows**

- 1** The asparagus spears we eat are actually the shoots of a much larger plant. If the spears are not harvested in time, they will mature into a big, bushy fern that can reach six feet tall!
- 2** Ancient Greeks and Romans believed that asparagus helped prevent bee stings and relieve toothaches.
- 3** Asparagus is one of the first vegetables to grow after winter. In the right conditions, it can grow as much as an inch every day.
- 4** Asparagus can also be white! It is grown underground to keep it from turning green in the sunlight. White asparagus has a milder flavor than its green cousin and is a bit more tender.

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 20	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Vitamin C 9%
Calcium 2%	Iron 12%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com