

USE QUICKLY  
AND STORE IN  
FRIDGE WITH  
STALKS IN A CUP  
OF WATER IF  
NOT USING THE  
SAME DAY.

Pick asparagus that are thin and green-purplish in color. Select ones that are crisp with tightly bunched heads.

**ASPARAGUS CAN  
BE EATEN RAW  
OR STEAMED,  
POACHED, GRILLED  
OR BAKED!**

**Rich in  
antioxidants**

It generally takes

**3  
YEARS**

from the initial crown planting before a grower can harvest the crop.

Under ideal conditions, an asparagus spear can grow 10" in a 24-hour period.

**Perennial = sprouts up every year!**



Well cared-for asparagus beds generally produce for

**15-20  
YEARS**

**IN THE UNITED STATES, THE MAJORITY OF ASPARAGUS IS GROWN IN JUST 3 STATES: CALIFORNIA, WASHINGTON, AND MICHIGAN WITH CALIFORNIA ACCOUNTING FOR ABOUT 70% OF THE NATION'S ASPARAGUS PRODUCTION ...ASPARAGUS MUST TRAVEL 2,600-3,600 MILES TO REACH BUFFALO.**

**All commercially grown asparagus must still be harvested by hand.**



Early in the season, spears may be picked every 4 days or so, and later as the average temperature warms up, they may have to be picked every day.

**OUR NYS GROWN ASPARAGUS ONLY HAS TO TRAVEL 100 MILES TO REACH OUR CAFETERIAS!**



**The European Asparagus Museum in Bavaria is dedicated solely to asparagus.**

**Fat Free  
Cholesterol Free  
Sodium Free  
Gluten Free**

Asparagus is a member of the Lily family is related to onions and garlic.

**3** varieties grow in New York State:

**Jersey Knight  
Jersey King  
Jersey Giant**

**ASPARAGUS CAN BE PINK WHITE GREEN PURPLE**