**Asparagus trivia…**

* Asparagus is a member of the Lily family is related to onions and garlic.
* Peru (40.97%) is the worlds leading asparagus exporter, followed by Mexico (22.93%) and the United States (9.51%).
* 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.
* It generally takes 3 years from the initial crown planting before a grower can harvest the crop and be able to earn any revenue.
* Well cared-for asparagus beds generally produce for 15-20 years on the original planting, eliminating the need to replant each season and waiting an additional 3 years to harvest.
* Under ideal conditions, an asparagus spear can grow 10” in a 24-hour period.
* Asparagus crown will send spears up for about 6-7 weeks during the spring and early summer. 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.
* All commercially grown asparagus must still be harvested by hand.
* While it’s often made fun of, the truth is that the majority of people **can’t** smell “asparagus pee”– the odor asparagus consumption causes urine to have. Some individuals have odorous urine after eating asparagus, and it was long thought to be a genetic trait since some people seemed to be immune to this effect. The odor is caused by asparagusic acid which the body converts into methanethiol (closely related to skunk spray!). It now appears that there are exceptions on both sides of the phenomenon. Due to genetic differences, most but not all people produce methanethiol after eating asparagus, and most but not all people can deter the odor. It takes a specific gene to detect the smell and only 25% of people have that gene.
* Being rich in folic acid, eating asparagus can help to [prevent mouth ulcers](http://www.boldsky.com/health/nutrition/2012/food-cure-mouth-ulcer-210312.html). Folate is also an essential vitamin, women in general should be getting plenty of.
* It is high in asparagine (an amino acid which acts as a diuretic) and helpful for removing salts from the body which assists people who suffer from edema, high blood pressure, or other heart-related issues.
* Asparagus is one of the best vegetable sources for riboflavin (Vitamin B2) which studies have shown can help reduce the frequency of migraine headaches and how long they last in people who suffer from them.
* Believe it or not, there is actually a museum dedicated solely to asparagus. The European Asparagus Museum (Europäisches Spargelmuseum in German), located in Schrobenhausen, Bavaria, Germany captures everything about asparagus from its history to its botany, cultivation, art and curiosities.