

# Asparagus

**Asparagus is a perennial plant. It takes three years from the time you plant asparagus seeds until your first harvest.**

**After that, those plants will produce a crop for about 8 to 15 years.**



**ASPARAGUS  
FACT**

**1**

GARDEN STATE ON YOUR PLATE<sup>SM</sup>  
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SCHOOL GARDENS COOPERATIVE



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FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
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# Asparagus

**New Jersey ranks 4th or 5th nationally in asparagus production. China grows more asparagus than any other country by far.**



**ASPARAGUS  
FACT  
2**

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**Asparagus has male  
and female plants.  
The female plants  
produce berries.**



**ASPARAGUS  
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**3**

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**Asparagus comes  
in three colors:  
green, white, and purple.  
Purple asparagus turns  
green when cooked.**



**ASPARAGUS  
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**4**

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**White asparagus is slightly sweeter, but has less fiber than green.**

**Flavor experts say white asparagus has a sweet potato aroma and sweet corn flavor.**



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**Flavor experts describe the aroma (smell) of green asparagus as grassy and sulfury.**

**When these experts eat asparagus, they say it has bitter and spinach flavors with a grassy aftertaste.**



**ASPARAGUS  
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**White asparagus is green asparagus that is covered with soil while growing.**

**It is white because the absence of sunlight prevents chlorophyll from developing.**



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**One cup of asparagus has about 27 calories, 3 grams of fiber, and 3 grams of protein.**

**Asparagus is also high in Vitamin K and folate.**



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**Emperor Caesar Augustus of Rome loved asparagus so much that he organized elite military units to collect it for him.**

**Some of that asparagus was taken high up into the Alps, where it was frozen for later use.**



**ASPARAGUS  
FACT**

**9**

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**Asparagus can  
grow six inches  
or more a day!**



**ASPARAGUS  
FACT  
10**

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