

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.



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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
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Asparagus

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



**ASPARAGUS
FACT**

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Asparagus

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



**ASPARAGUS
FACT**

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Asparagus

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.



**ASPARAGUS
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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
FACT**

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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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Asparagus

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
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Asparagus

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



**ASPARAGUS
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