

Try it Today!

Asparagus

Asparagus, a member of the Lily Family, can sprout about 10 inches in a 24-hour period under ideal conditions. If cared for properly it will continue to produce for about 15 years without being replanted.

Asparagus is a well-balanced vegetable because of its nutritional content. Asparagus contains a high percentage of folic acid. It also has fiber, thiamin, potassium, and vitamins A, C, and B6; all nutrients necessary for a healthy diet. Asparagus is not only low in sodium, but it has no fat or cholesterol.

