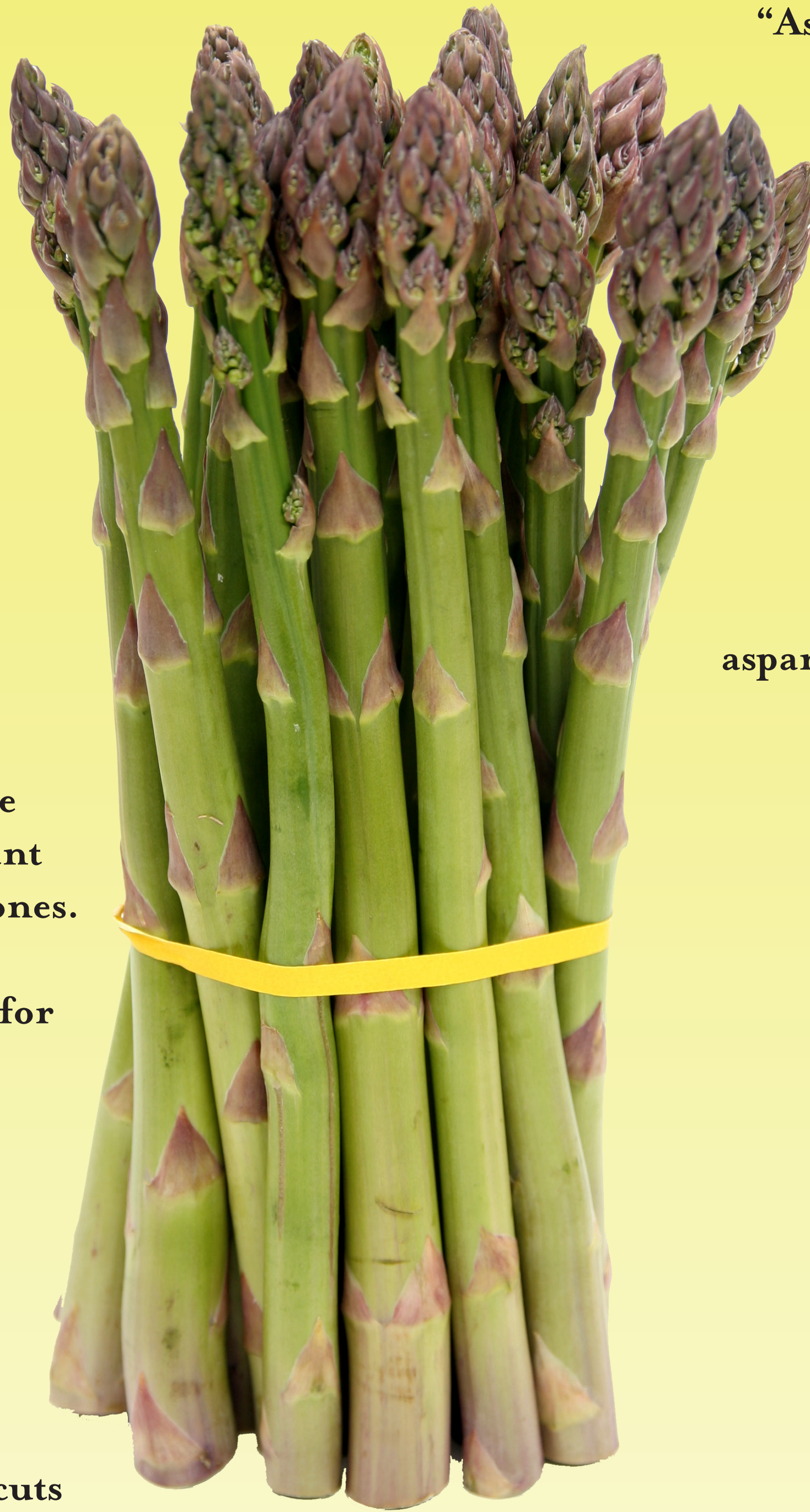


# OREGON ASPARAGUS

Asparagus was first cultivated about 2,500 years ago in Greece. “Asparagus” is a Greek word, meaning stalk or shoot.



In ancient times, asparagus was considered an aphrodisiac.

## NUTRIENTS FOUND IN ASPARAGUS

- ~ Asparagus is an excellent source of vitamin K, which is important for healthy blood and strong bones.
- ~ Asparagus is a good source of vitamin A, which is important for good eyesight and a healthy immune system.
- ~ Asparagus is a good source of folate, which is needed for a healthy pregnancy and helps cells grow and repair.
- ~ Asparagus is a good source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- ~ Asparagus is a good source of thiamin, which is needed to help turn food into energy.
- ~ Asparagus is a good source of fiber, which is good for your heart and healthy digestion.
- ~ Asparagus contains glutathione, an antioxidant that can help destroy carcinogens.

Asparagus contains asparagusic acid, which breaks down into sulfur-containing compounds that give your urine a strong scent. Some people have a gene that doesn't allow them to smell these compounds.



Asparagus spears grow from a crown that is planted about a foot deep and takes two to three years to be ready to harvest.



An Asparagus spear can grow 10 inches in 24 hours!



Varieties of asparagus that grow well in Oregon include: Mary Washington, Jersey Knight, Jersey Giant and Purple Passion.

