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

- ~ 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 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.





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Netat 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veter ansstatus. Oregon State University Extension Service is an Equal Opportunity Employer.