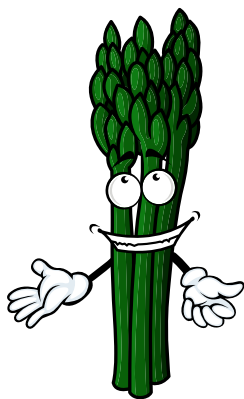


Asparagus Fun Facts

ASPARGUS IS HIGH IN
IRON, FIBER, AND
VITAMIN A & C.

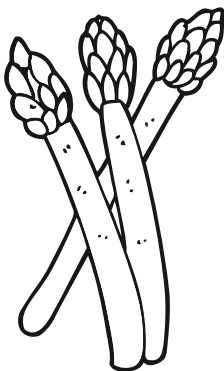


IT TAKES 3 YEARS
FROM SEED TO
HARVEST.

THE NATIONAL
AVERAGE YIELD IN 2019
WAS AROUND 4,076
POUNDS PER ACRE.



*White
asparagus is
one of the most
labor-intensive
vegetables to
grow.*

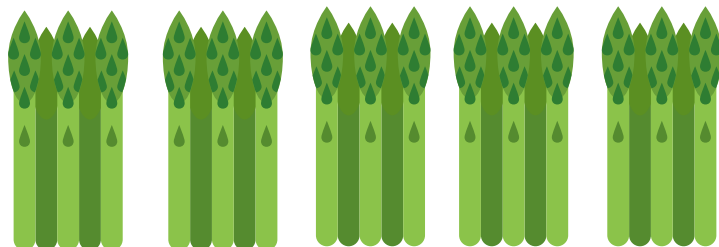


**1 CUP OF ASPARAGUS
CONTAINS 3 GRAMS
OF PROTEIN.**

**Oceana County,
Michigan is the self-
proclaimed
asparagus capital of
the world.**



**APPROXIMATELY 20,700 ACRES
OF ASPARAGUS WERE
HARVESTED IN THE U.S. IN 2019**



Source: modernfarmer, agmrc.org