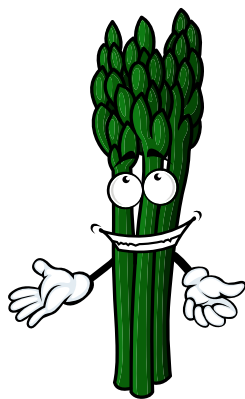


Asparagus Fun Facts

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

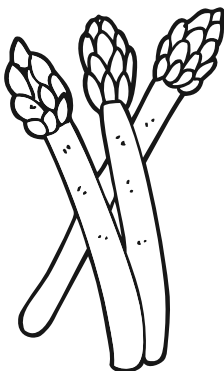


IT TAKES 3 YEARS FROM SEED TO HARVEST.

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.

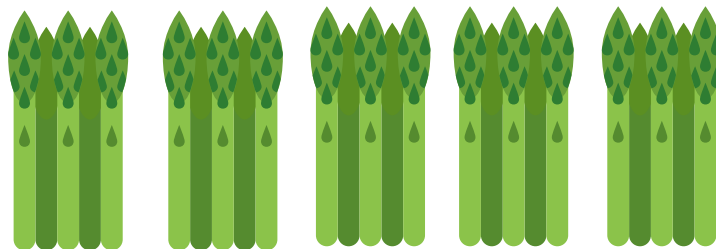


1 CUP OF ASPARAGUS CONTAINS 3 GRAMS OF PROTEIN.

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