



Asparagus is a member of the Lily family. It has no fat, no cholesterol, and is low in sodium. **Asparagus** is a nutrient-dense food which is high in Folic Acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin.

Asparagus can grow over five inches in twenty four hours! The outdoor temperature determines how much time between each picking. Early in the season, there may be 4-5 days between pickings and as the days and nights get warmer, a particular field may have to be picked every 24 hours! The larger the diameter, the better the quality!

The harvest season for Idaho **asparagus** is typically early April through May. The warm spring days and cool nights provide perfect growing conditions for this perennial crop. After cutting, **asparagus** is hydro-cooled to keep it fresh, and when packed for shipping it is placed on a moisture pad to retain the freshness.

This spring, try replacing a more traditional side with Idaho **asparagus** and reap the benefits of healthy eating and great fresh flavor.



For the freshest **asparagus**, look for the Idaho Preferred® logo.

