Asparagus

What am I?

Asparagus is a vegetable that can come in different colors: green, white, and violet-green. The green color comes from chlorophyll which is activated by the sun. Asparagus that is white is grown with little sun exposure which is why it is white in color! Asparagus can be eaten raw, boiled, baked, grilled, or steamed.

How do I grow?

- Asparagus grows as a stem up from the ground.
- They can grow 5-8 inches tall.
- It grows in Wisconsin from May-June.

Nutrition Facts

Asparagus is rich in vitamin C which is good for your immune system. It is also a great source of folate, iron and fiber to support healthy blood cells and digestive health.

Fun Facts

- Asparagus is related to onions, leeks, and garlic.
- Asparagus roots can grow 20 feet deep.
- Asparagus contains a compound called “Asparagusic Acid” which can make your urine smell!

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent