

INCREDIBLE EDIBLE IDAHO

ASPARAGUS



IDAHO ASPARAGUS FACTS:

Asparagus can grow as much as 5 inches in a day when the weather is warm.

Asparagus grows wild on ditch banks in many parts of southern Idaho.

Idaho Asparagus is only available for about 3-4 weeks in April and early May.

Asparagus plants do not produce until they are about 3 years old, but then remain productive for 15 years or more.

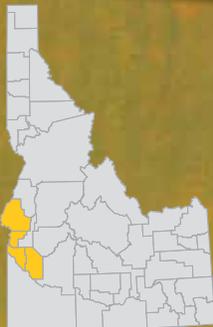
ASPARAGUS NUTRITION FACTS:

Asparagus provides a wide variety of nutrients including riboflavin, folate, iron, thiamin, vitamin A, K, C, and E.

Asparagus is very low in fat and cholesterol, a typical stalk is less than 4 calories.

One cup of asparagus can provide 70% of the daily value for vitamin K.

Asparagus is also a good source of fiber.



Counties Asparagus Are Grown In:
Canyon, Washington, Payette & Ada

