



# FARM TO SCHOOL

Michigan Summer Harvest

# ASPARAGUS

Todd Greiner Farms



Todd Greiner Farms was established in 1994 by Todd and his wife Sarah in Elbridge Township of Hart, just miles away from the serene shores of Lake Michigan. The geographic location offers great weather conditions, and a sandy loam soil type that allows asparagus to flourish!





# MICHIGAN ASPARAGUS



Todd Greiner Farms - Elbridge Township, MI

## FUN FOOD FACTS

- Michigan Asparagus is a well-balanced vegetable that supplies a wide array of nutrients
- They are a good source of potassium, fiber, thiamin, and vitamin B6
- Asparagus take up to three years to grow from seed to harvest!



**FRESHEALTH**<sup>®</sup>  
We Make Healthy Easy For You.™



# Fresh-Cut MICHIGAN ASPARAGUS

Todd Greiner Farms - Elbridge Township, MI

