



# MICHIGAN ASPARAGUS



Todd Greiner Farms - Elbridge Township, MI

## FUN FOOD FACTS

- Michigan Asparagus is a "Clean 15" food, meaning it has a low pesticide and is one of the safest conventionally grown crops to consume.
- Asparagus is a well-balanced vegetable that supplies a wide array of nutrients
- It is a good source of potassium, fiber, thiamin, and vitamin B6
- Asparagus take up to three years to grow from seed to harvest!

