

# HARVEST

## {Of the Month}



## ASPARAGUS

### Fast Facts

- ✓ **White asparagus** and **green asparagus** have the **exact same genetic makeup**, however white asparagus is grown completely underground causing the plant to be white because the stalk is never exposed to the sun.
- ✓ Asparagus contains **no fat or sodium**. It's also high in **folic acid**, which helps prevent changes to DNA that may lead to cancer.
- ✓ Asparagus grows so quickly it can take **less than a week to mature** once it pokes its head up from the soil.

### Availability

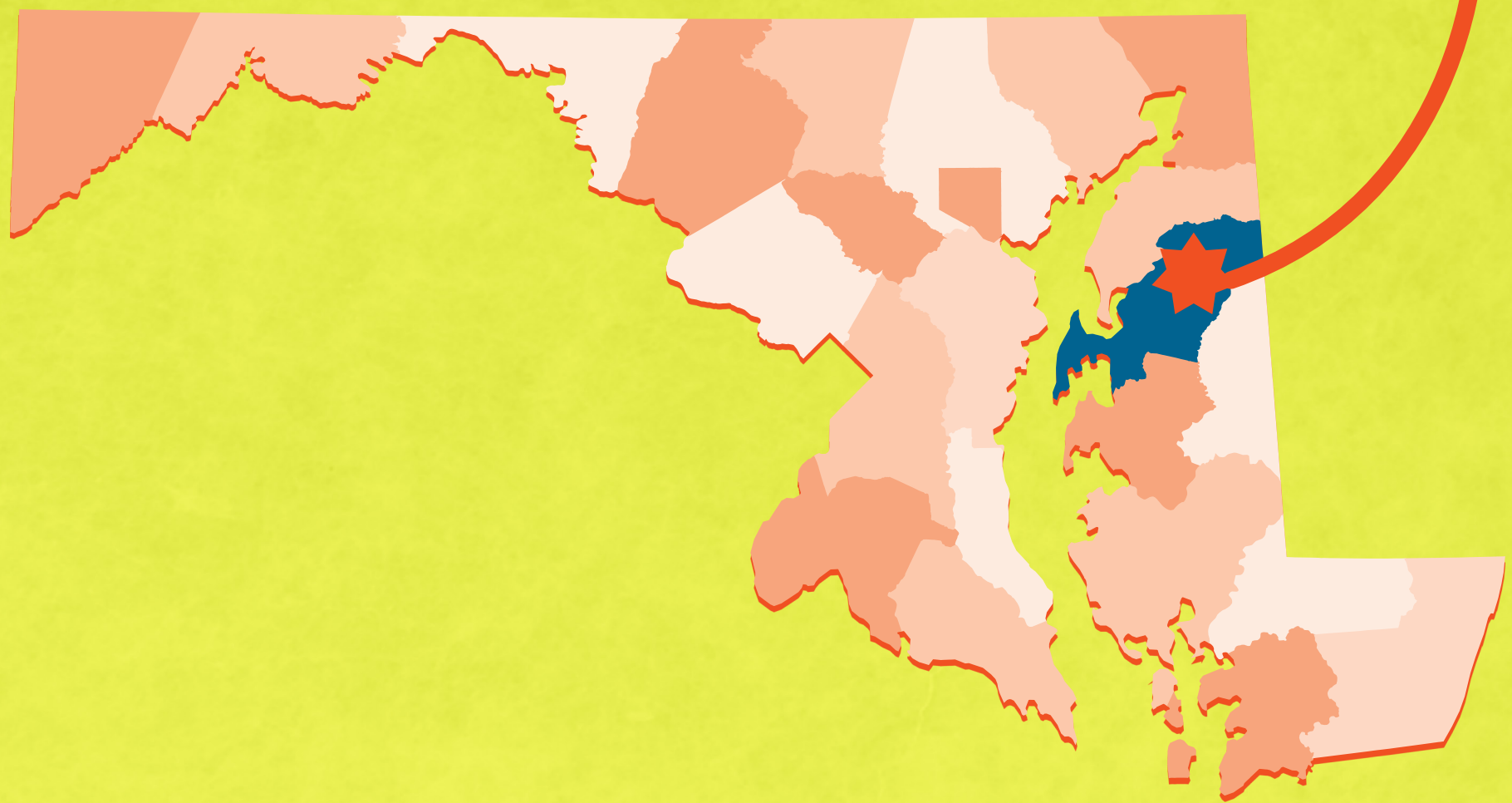
APRIL - JUNE



### Featured Farm

**GODFREY'S FARM**  
**QUEEN ANNE'S COUNTY**

Godfrey's Farm has been growing fresh market fruits and vegetables for more than 75 years. The 600-acre farm supplies both retail and wholesale customers. Asparagus is their first crop of the season. Have you ever tried growing asparagus? Share with us on social media using the **#MDKidsEatLocal!**



MARYLAND DEPARTMENT OF AGRICULTURE  
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