**Health Benefits:**

* Excellent source of folic acid and other B vitamins.
* Good source of potassium and low in sodium both of which are important for blood pressure control.
* Rich source of **rutin**, a compound that strengthens blood vessel walls.
* Rich source of **glutathione,** a compound involved in removing toxic substances, protecting cells and repairing damaged DNA!

**Interesting Facts:**

* Asparagus comes in three colors…green, white and

purple.

* Most Europeans eat white asparagus.
* White asparagus comes from the same plant that produces green asparagus…the only difference is that the stalks are grown under the soil.
* Asparagus can grow as much as 10” in a single day! Some say you can actually watch it grow.
* China is by far the leading producer of asparagus, followed by Peru and Mexico.



**Health Benefits:**

* Excellent source of folic acid and other B vitamins.
* Good source of potassium and low in sodium both of which are important for blood pressure control.
* Rich source of **rutin**, a compound that strengthens blood vessel walls.
* Rich source of **glutathione,** a compound involved in removing toxic substances, protecting cells and repairing damaged DNA!

**Interesting Facts:**

* Asparagus comes in three colors…green, white and

purple.

* Most Europeans eat white asparagus.
* White asparagus comes from the same plant that produces green asparagus…the only difference is that the stalks are grown under the soil.
* Asparagus can grow as much as 10” in a single day! Some say you can actually watch it grow.
* China is by far the leading producer of asparagus, followed by Peru and Mexico.



**Health Benefits:**

* Excellent source of folic acid and other B vitamins.
* Good source of potassium and low in sodium both of which are important for blood pressure control.
* Rich source of **rutin**, a compound that strengthens blood vessel walls.
* Rich source of **glutathione,** a compound involved in removing toxic substances, protecting cells and repairing damaged DNA!

**Interesting Facts:**

* Asparagus comes in three colors…green, white and

purple.

* Most Europeans eat white asparagus.
* White asparagus comes from the same plant that produces green asparagus…the only difference is that the stalks are grown under the soil.
* Asparagus can grow as much as 10” in a single day! Some say you can actually watch it grow.
* China is by far the leading producer of asparagus, followed by Peru and Mexico.





Enjoy Asparagus all month long in your Meals on Wheels

* Garlic Buttered Asparagus
* Creamy Asparagus Soup
* Asparagus w/Warm Bacon Dressing
* Asparagus w/Cheese Sauce



Asparagus Harvest

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| P | S | J | J | Z | G | R | B | S | N | N | P |
| U | O | S | O | V | L | O | L | K | O | A | O |
| R | U | J | P | Q | U | L | A | E | T | G | T |
| P | P | J | B | E | T | K | N | E | G | I | A |
| L | S | D | A | L | A | S | C | R | N | H | S |
| E | T | I | H | W | T | R | H | G | I | C | S |
| G | R | E | E | N | H | B | S | B | H | I | I |
| D | I | C | A | C | I | L | O | F | S | M | U |
| R | A | I | N | R | O | F | I | L | A | C | M |
| M | R | O | M | A | N | S | E | C | W | U | W |
| G | R | I | L | L | E | D | R | U | T | I | N |
| L | I | L | Y | F | A | M | I | L | Y | Y | A |

Blanch California Folic Acid

Glutathione Greeks Green

Grilled Lily Family Michigan

Potassium Purple Romans

Rutin Salads Soups

Spears Washington White



Enjoy Asparagus all month long in your Meals on Wheels

* Garlic Buttered Asparagus
* Creamy Asparagus Soup
* Asparagus w/Warm Bacon Dressing
* Asparagus w/Cheese Sauce



Asparagus Harvest

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| P | S | J | J | Z | G | R | B | S | N | N | P |
| U | O | S | O | V | L | O | L | K | O | A | O |
| R | U | J | P | Q | U | L | A | E | T | G | T |
| P | P | J | B | E | T | K | N | E | G | I | A |
| L | S | D | A | L | A | S | C | R | N | H | S |
| E | T | I | H | W | T | R | H | G | I | C | S |
| G | R | E | E | N | H | B | S | B | H | I | I |
| D | I | C | A | C | I | L | O | F | S | M | U |
| R | A | I | N | R | O | F | I | L | A | C | M |
| M | R | O | M | A | N | S | E | C | W | U | W |
| G | R | I | L | L | E | D | R | U | T | I | N |
| L | I | L | Y | F | A | M | I | L | Y | Y | A |

Blanch California Folic Acid

Glutathione Greeks Green

Grilled Lily Family Michigan

Potassium Purple Romans

Rutin Salads Soups

Spears Washington White



Enjoy Asparagus all month long in your Meals on Wheels

* Garlic Buttered Asparagus
* Creamy Asparagus Soup
* Asparagus w/Warm Bacon Dressing
* Asparagus w/Cheese Sauce



Asparagus Harvest

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| P | S | J | J | Z | G | R | B | S | N | N | P |
| U | O | S | O | V | L | O | L | K | O | A | O |
| R | U | J | P | Q | U | L | A | E | T | G | T |
| P | P | J | B | E | T | K | N | E | G | I | A |
| L | S | D | A | L | A | S | C | R | N | H | S |
| E | T | I | H | W | T | R | H | G | I | C | S |
| G | R | E | E | N | H | B | S | B | H | I | I |
| D | I | C | A | C | I | L | O | F | S | M | U |
| R | A | I | N | R | O | F | I | L | A | C | M |
| M | R | O | M | A | N | S | E | C | W | U | W |
| G | R | I | L | L | E | D | R | U | T | I | N |
| L | I | L | Y | F | A | M | I | L | Y | Y | A |

Blanch California Folic Acid

Glutathione Greeks Green

Grilled Lily Family Michigan

Potassium Purple Romans

Rutin Salads Soups

Spears Washington White