**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.

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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

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Asparagus Harvest

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Blanch California Folic Acid

Glutathione Greeks Green

Grilled Lily Family Michigan

Potassium Purple Romans

Rutin Salads Soups

Spears Washington White



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