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| facts about asparagusacts about Asparagus |  |
|  Asparagus is a member of the Lily family.  Asparagus spears grow from a crown that is planted about a foot deep in sandy soils.  Under ideal conditions, an asparagus spear can grow 10" in a 24-hour period.  Each crown will send spears up for about 6-7 weeks during the spring and early summer.  The outdoor temperature determines how much time will be between each picking...early in the season, there may be 4-5 days between pickings and as the days and nights get warmer, a particular field may have to be picked every 24 hours.  After harvesting is done the spears grow into ferns, which produce red berries and the food and nutrients necessary for a healthy and productive crop the next season.  |  |
|  An asparagus planting is usually not harvested for the first 3 years after the crowns are planted allowing the crown to develop a strong fibrous root system.  A well cared for asparagus planting will generally produce for about 15 years without being replanted.  The larger the diameter, the better the quality!  Asparagus is a nutrient-dense food which in high in Folic Acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin.  Asparagus has No Fat, contains No Cholesterol and is low in Sodium. |

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