

# ASPARAGUS



**Most commonly found near the Lake Michigan shoreline, these long green stalks are one of Michigan's first crops to appear in the spring**

- **Michigan ranks third in the nation for asparagus production, producing up to 23 million pounds each year**
- **Oceana County boasts the greatest volume of asparagus production, but there is also significant production in Southwest Michigan**
- **Unlike other states, Michigan asparagus is hand-snapped above the ground, yielding a more tender and flavorful product**
- **Michigan's asparagus crop is valued at more than \$23.2 million**
- **Around 9,500 acres of asparagus is harvested in Michigan each year**

## MICHIGAN ASPARAGUS = HEALTHY

- **Leading supplier of folic acid**
- **Contains no fat or cholesterol**
- **Provides potassium, fiber, vitamin B6 and glutathione**
- **Only one milligram of sodium per 100 grams of cooked asparagus**



By local farm families. [MichiganGrown.org](http://MichiganGrown.org)