

FRESH
IN SEASON

ORGANIC ASPARAGUS

Description

Asparagus is grown for its young shoots, or spears, which are eaten as a vegetable. The asparagus plant is tall with scale like leaves emerging from the underground stem (rhizome) and has stout stems and feathery foliage. The flowers are bell shaped and occur alone or in pairs. They are green-white to yellow in color.

Usage Tips

Asparagus spears can be eaten raw or cooked. They are low in calories and very low in sodium.



Indianapolis
Fruit

Produce a Fresh Experience Together!