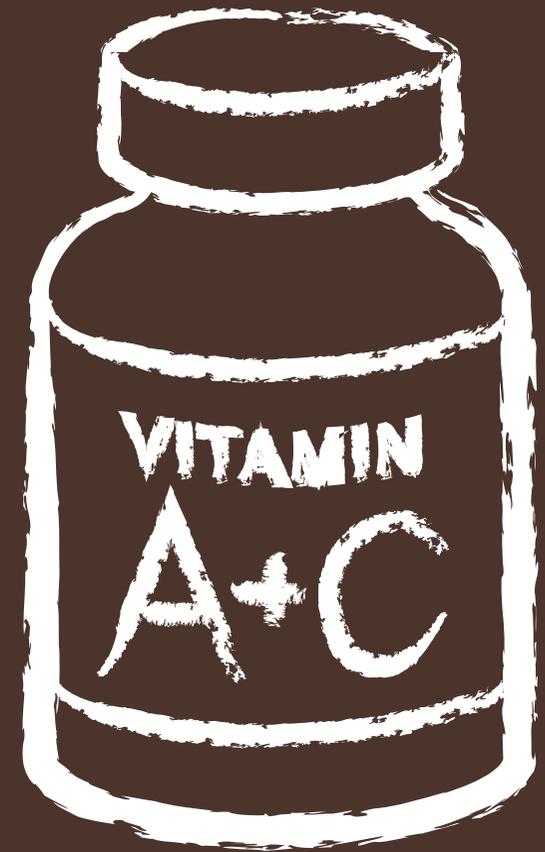




Asparagus

Washington State is amongst the top growers of asparagus in the United States, along with California and Michigan.

Asparagus is a good source of folate, vitamin A and vitamin C.



White and green asparagus come from the same plant! Exposure to sunlight turns the stalks green. When dirt is piled on top of the plant, photosynthesis is inhibited and the stalks remain white.

