

ASPARAGUS

HARVEST OF THE MONTH

Acing Asparagus

The easiest way to know if your asparagus is bad is to smell it. If it smells fishy - don't eat it!

April



Asparagus Admiration

Firm
Bright green
Avoid limp
spears
Tightly closed
tips

Nutrient Content

Chromium is essential
in blood sugar
regulation.

Vitamin E protects
your body tissues.