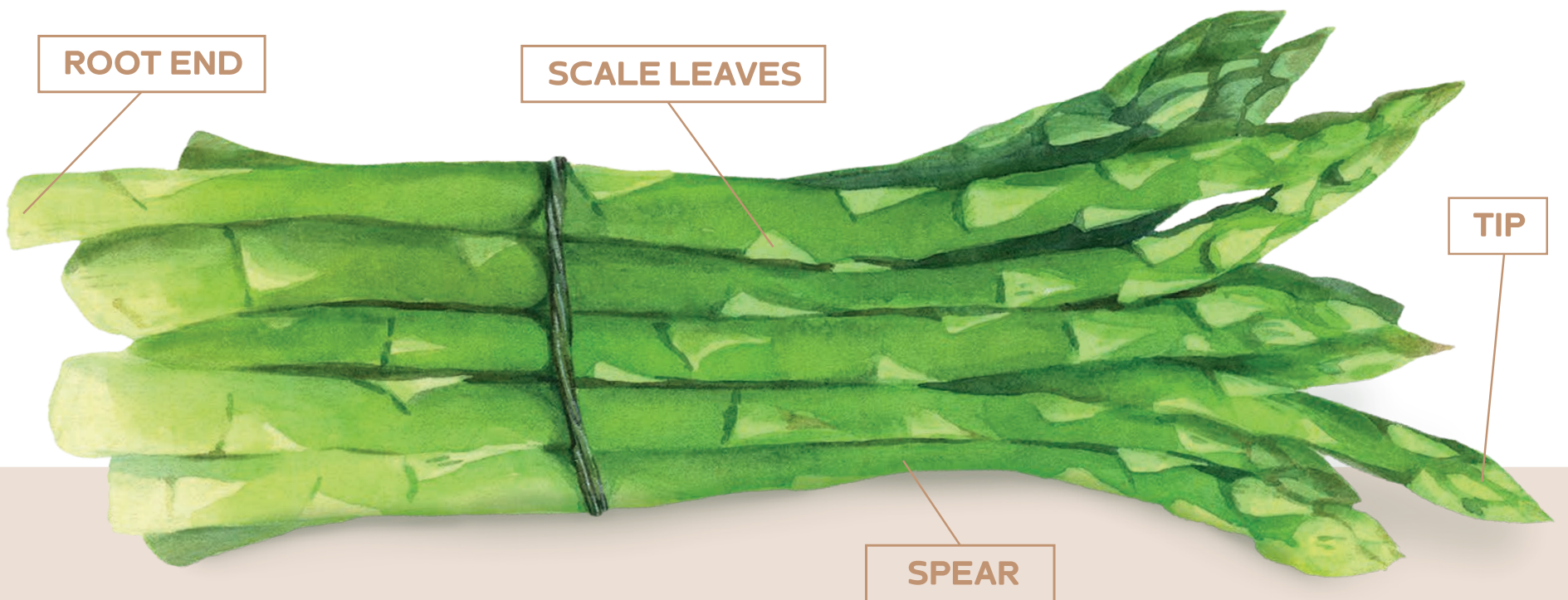


- FARM FRESH -

Asparagus



FOOD for FUEL

ASPARAGUS PROVIDES UNIQUE HEALTH BENEFITS.
IT IS FULL OF ESSENTIAL VITAMINS AND A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING ASPARAGUS IN YOUR DIET:

Mood BOOST

Asparagus contains high levels of tryptophan, an amino acid that has been linked to improved mood. Additionally, asparagus is full of folate, a B vitamin that can help ward off irritability.

CELL Development

The folate found in asparagus is important in red blood cell formation and for healthy cell growth and function. This nutrient is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine.

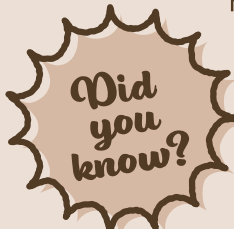
Happy GUT

The fiber content of asparagus makes it a good supplement for a healthy digestive tract. Just half a cup of asparagus contains 1.8 grams of fiber, which is 7% of your daily needs.



"Every day is different; every season is different. It may be the same commodities every year, but there are so many different variables. It's a wonderful environment if you're intellectually curious—there's so many things to learn."

- Neill Callis
Asparagus Farmer | Firebaugh, CA



The lack of green pigment in white asparagus results from the absence of sunlight. Farmers pile soil over the emerging spears and each spear is hand-picked just as the tip begins to show through the surface of the soil.

Each year the San Joaquin Asparagus Festival draws more than 100,000 people to Stockton, where crowds enjoy asparagus delicacies (hello, asparagus ice cream!) and live entertainment.



What did the asparagus say when it got a flat tire?

I should've brought... a spare, I guess.