

Asparagus



Asparagus contains Vitamins C, A, E, and K. It also has a good amount of copper and iron also other small amounts of minerals.



Fully grown asparagus plants produce small red berries which contains the seed inside.



Asparagus is locally grown in Hawaii and is available all year round.

A fully grown asparagus plant can grow up to 5 feet tall, but the part we eat are only 7-9 inches.

