White asparagus and green asparagus have the exact same genetic makeup, however white asparagus is grown completely underground causing the plant to be white because the stalk is never exposed to the sun.

Asparagus contains no fat or sodium. It’s also high in folic acid, which helps prevent changes to DNA that may lead to cancer.

Asparagus grows so quickly it can take less than a week to mature once it pokes its head up from the soil.

**Featured Farm**

**GODFREY’S FARM**

QUEEN ANNE’S COUNTY

Godfrey’s Farm has been growing fresh market fruits and vegetables for more than 75 years. The 600-acre farm supplies both retail and wholesale customers. Asparagus is their first crop of the season. Have you ever tried growing asparagus? Share with us on social media using the #MDKidsEatLocal!

**Availability**

APRIL – JUNE

MARYLAND DEPARTMENT OF AGRICULTURE

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