

Made up of green stalks that are usually 6-8 inches long.

Good source of protein and fiber to help keep you full & focused. The body uses protein to build muscle, skin, hair, eyes, and other organs. Fiber keeps your heart and digestive system healthy.

Great source of the "B" vitamins. These vitamins are used to turn food into energy!

asparagus

Asparagus stalks can grow up to 10 inches in only 24 hours!