



# Harvest of the Month

## Asparagus

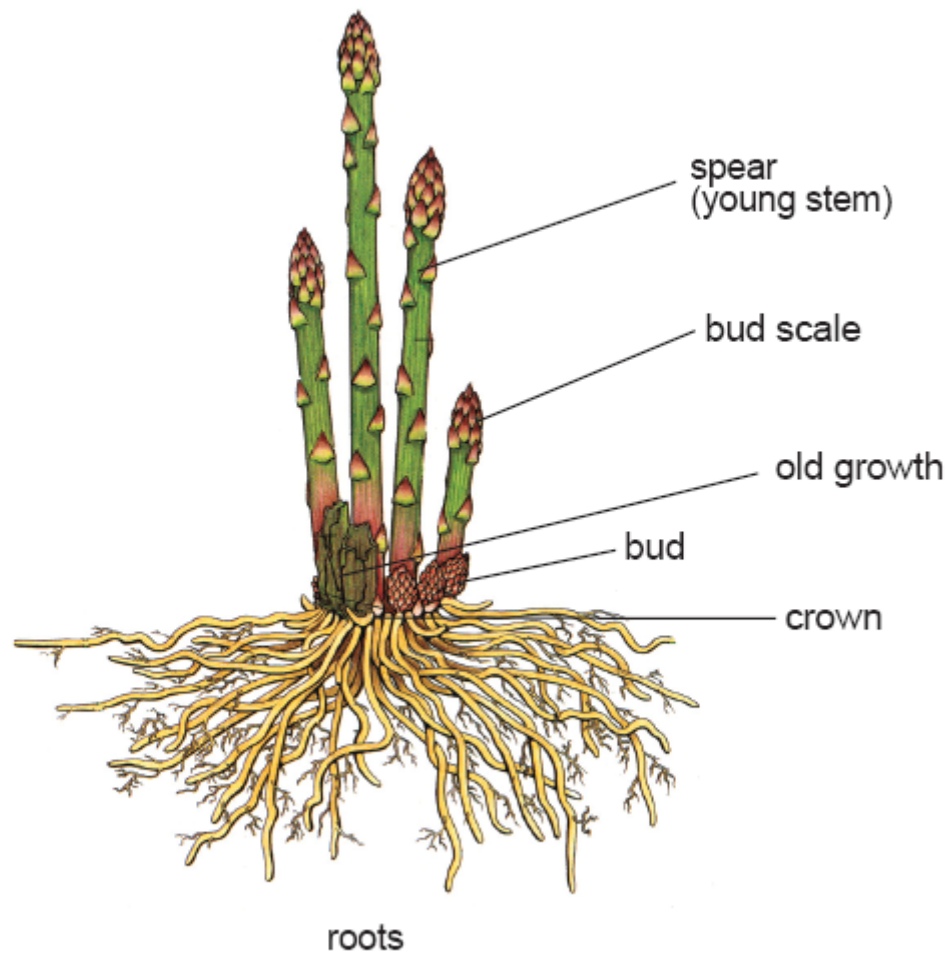


Image adapted from:  
*Stinky and Stringy: Stem & Bulb Vegetables*, Meredith Sayles Hughes, 1999.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.  
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