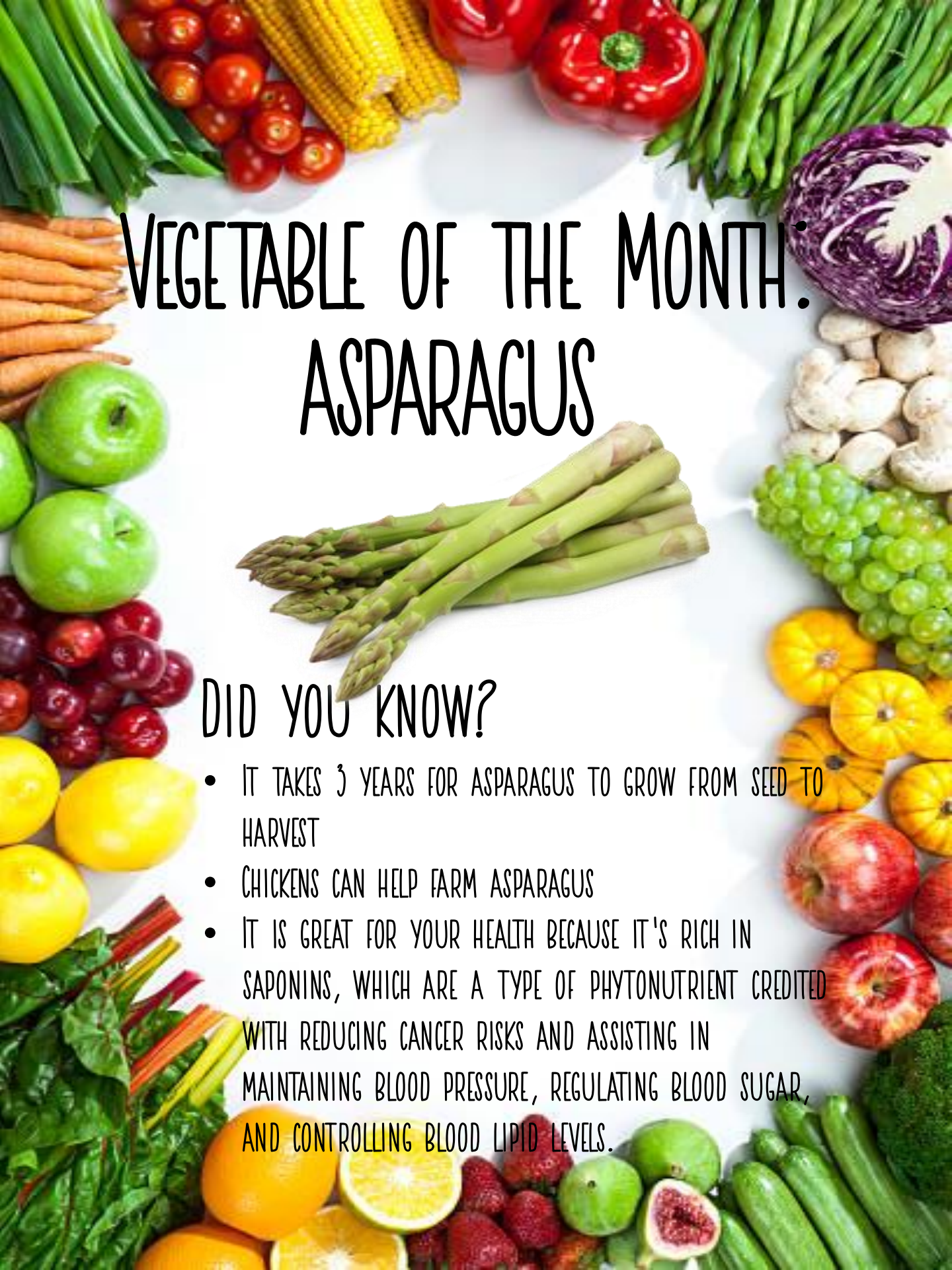




VEGETABLE OF THE MONTH: ASPARAGUS

DID YOU KNOW?

- IT TAKES 3 YEARS FOR ASPARAGUS TO GROW FROM SEED TO HARVEST
- CHICKENS CAN HELP FARM ASPARAGUS
- IT IS GREAT FOR YOUR HEALTH BECAUSE IT'S RICH IN SAPONINS, WHICH ARE A TYPE OF PHYTONUTRIENT CREDITED WITH REDUCING CANCER RISKS AND ASSISTING IN MAINTAINING BLOOD PRESSURE, REGULATING BLOOD SUGAR, AND CONTROLLING BLOOD LIPID LEVELS.