

# Asparagus | Sources

## Asparagus Materials - Sources

**Asparagus.** Montana State University Extension. ([https://buyeatlivebetter.org/main\\_documents/fact-sheets/msu\\_extension\\_food\\_fact\\_sheets/AsparagusFFS.pdf](https://buyeatlivebetter.org/main_documents/fact-sheets/msu_extension_food_fact_sheets/AsparagusFFS.pdf))

**Asparagus.** South Dakota Harvest of the Month. (<https://healthysd.gov/asparagus-2/?left=408&big10=29>)

**Pennsylvania Produce: A Guide to Produce Grown in Pennsylvania.** Penn State Extension. (<https://extension.psu.edu/pennsylvania-produce-a-guide-to-quality-produce-grown-in-pa>)

**Top 10 Ways to Enjoy Asparagus.** Produce for Better Health Foundation. (<https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-asparagus/>)

**Watch Your Garden Grow – Asparagus.** University of Illinois Extension. (<https://web.extension.illinois.edu/veggies/asparagus.cfm>)

## Procuring Harvest of the Month Items

**A Guide to Local Produce in Keystone Schools.** The Food Trust. (<http://thefoodtrust.org/pa-f2s-regional-connections>)

**Directory of Pennsylvania Produce Auctions.** Pennsylvania Vegetable Marketing & Research Program. (<https://www.paveggies.org/directory/produce-auctions/>)

**PA Preferred website** (<https://papreferred.com/a/directory/categories>)

**Welcome to AgMap!** Penn State Extension. (<https://agmap.psu.edu>)



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Check out the PA Harvest of the Month website ([www.paharvestofthemonth.org](http://www.paharvestofthemonth.org)) for sources, additional resources, and recipes.