



Late Spring 2014

Fresh Pickings *from the Farm*

Asparagus
Butter
Garlic Scapes
Garlic
Salmon
Fennel
Celery
Potatoes
Onion
Carrots
Cilantro
Green Beans or peas

The Meal Plan

- Spring Asparagus Frittata
- Roasted Fennel and Lemon Scented Asparagus
- Asparagus Soup

Spring Asparagus Frittata

- 1 lb asparagus, cut diagonally in 1 in pieces
- 1 tbs butter
- 1/3 cup garlic scapes, minced
- 1/2 cup smoked or canned salmon
- 6 large eggs, gently whisked
- 1 cup shredded gruyere

Heat butter in a 10-inch oven-proof frying pan over medium-high heat. Add shallots and cook, stirring occasionally until they soften and turn translucent (about 3 minutes). Add asparagus, reduce heat to medium-low, and cook, covered, for 3 minutes. Break up salmon and add into pan. Pour in eggs and cook until almost set, but still runny on top, about 3 minutes.

While cooking, pre-heat oven broiler. Sprinkle cheese over eggs and put in oven to broil until cheese is melted and browned, about 4-6 minutes. Remove from oven with oven mitts and slide frittata onto a serving plate. Cut into wedges.

Roasted Fennel & Lemon Scented Asparagus with Scented Rice

- 2 fennel bulbs, stalks cutoff, bulbs cut in half and 1 inch thick pieces
- 2 1/2 cups asparagus, cut into 1 in. pieces
- 1 tbs butter
- 1 1/2 tsp lemon zest
- 3 tbs lemon juice

Preheat oven to 400 F. Coat fennel lightly in olive oil, sprinkle with salt, and balsamic vinegar. Roast for 30-40 minutes until the fennel starts to caramelize. When the fennel is done, remove from oven, set aside. Melt butter in a large frypan over medium heat. Add green onions and lemon peel, sauté 1 minute. Add lemon juice and cook until almost all liquid is evaporated. Serve with sautéed chicken breasts, or all on its own!

Seasonal extender: In Summer, roast tomatoes with the fennel and add both to the rice after cooking with 1/4 cup olive oil and chill create a Mediterranean inspired rice salad! Replace the cilantro with basil after cooking to make it even more authentic.



Asparagus Soup

- 1 lb asparagus
- 2 cups broth
- 1 medium potato, *peeled and chopped*
- 1 small onion, *chopped*
- 1 stalk celery
- 1 cup broth
- 1 cup milk or half and half
- 2 tablespoons flour
- 5 Garlic Scapes, *chopped in 1 ½ pieces*
- salt and pepper *to taste*
- ½ cup yogurt

Cook asparagus, broth, potato, onion, and celery together until soft, about 15-20 minutes. Remove from heat, cool slightly and puree until smooth in blender, food processor, or hand held blender. Return to heat. Blend together remaining ingredients and add to soup and cook over medium heat stirring constantly until slightly thickened. While the soup is cooking, sauté garlic scapes in 2 tablespoons of olive oil or butter. Drain yogurt with a fine mesh cloth, and place a dollop at the bottom of each bowl, pouring soup over top. Garnish with sautéed garlic scapes and drizzle with oil from the pan.

COOKING SCHOOL >> How to make Scented Rice

- 1 ½ tbs olive oil
- 1 small onion – diced fine
- 1 cup long grain rice – rinsed and drained
- 2 garlic cloves – chopped fine
- 3 tbs cilantro – coarsely chopped
- 1 cup green beans or peas - chopped
- 1 ½ cup water (or other flavorful liquid)

In a heavy bottomed pot, heat oil over medium heat. Add onion and cook until translucent, about 5 minutes. Add remaining dry ingredients and cook while stirring for 2 minutes. Pour in liquid and bring to a boil. Turn the heat down to low, and cover tightly. Cook for about 7 minutes, then sprinkle beans or peas across the top. Continue cooking until all the liquid is absorbed and the rice is tender, about 15 minutes. Turn off the heat and let rest, covered for 10 minutes before serving.

Healthy Eats Break Down – Asparagus

Asparagus is truly a nutritional superfood. It is among the first green vegetables to become available in the spring and it brings us a bounty of anti-inflammatory phytonutrients, antioxidant vitamins and minerals, and prebiotic fibers. It is an excellent source of Vitamin K and folate. Research is demonstrating that this is a food that can help protect us from liver damage, cancer, and diabetes. Substances isolated from asparagus have been shown to cause cell death in human liver cancer and colon cancer cells. In animal models, asparagus has been shown to lower blood sugar, decrease cholesterol, and decrease high blood pressure. Asparagus can help mitigate the damage done by alcohol and reactive oxygen species. It does this by enhancing the activity of enzymes that break down alcohol and by providing an abundance of antioxidants.

There are some things you can do and look for to get the most nutrition from your asparagus. First of all, eat it soon after harvest. Asparagus is more perishable than other veggies so it is best consumed within 48 hours. Wrap the spears in a damp paper towel inside a bag to slow down the aging and loss of nutrients. Next, make sure you eat the tip as this is where the minerals are most concentrated. Lastly, choose a variety which is green or purple and steam or sauté it to make the antioxidants maximally available.