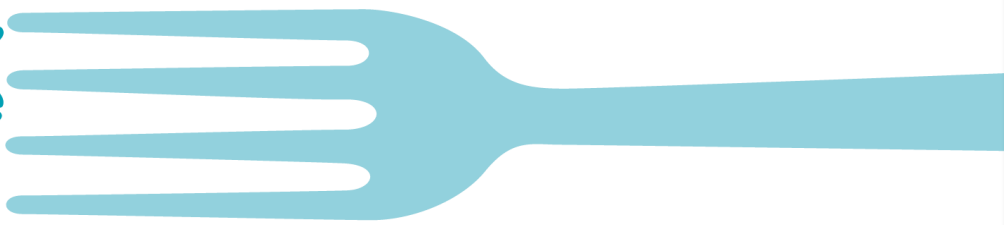


Harvest of the Month



June



Asparagus



Pick:

- Select asparagus spears that are firm and bright green in color, with tightly closed tips and moist ends.
- Asparagus stalks that are thin in diameter will be more tender.

Store:

- If not using immediately, wrap the cut ends in a damp paper towel or stand the asparagus up in a glass with about an inch of water & cover with a plastic bag and store in the refrigerator.

Prepare:

- Cook asparagus as quickly as possible after purchasing!
- Wash asparagus just before preparation in cool running water.
- Snap or cut off tough, dry ends.

Nutrition Info

One cup of cooked asparagus has 40 calories.

Asparagus provides folic acid and vitamins A, C, & K.

Fun Facts

Under ideal conditions a spear of asparagus can grow up to 10 inches in a day!

Asparagus can be green, white or purple.

Asparagus plants are perennial, meaning that they grow back each year without being replanted.

Uses

Fresh asparagus can be lightly steamed and then served warm or cold.

Try grilled or roasted asparagus! Place asparagus spears on a medium-high heat grill and cook for 5-8 minutes or until tender.

Fresh asparagus is a great addition to omelets, soups, casseroles and stir fries.

Farm2School

Did you know your school is a part of the Coulee Region Farm2School program? This program helps connect local farmers with area schools so that fresh, locally grown foods can be served at school meals. Farm2School encourages children to try new foods & provides opportunities for hands-on nutrition education. The Harvest of the Month is sampled in taste tests, featured at cooking classes with area chefs and of course, served at mealtime!

Remind your child to look for asparagus on this month's lunch menu!

Barley Risotto with Asparagus

Serves 6

Ingredients:

1 tsp. olive oil
1 cup finely diced onion
3 cups cooked barley
1 Tbsp. minced garlic
3 cups low-sodium chicken stock
3 cups sliced mushrooms
3 cups chopped asparagus
1 tsp. dried parsley
½ tsp. dried thyme
½ cup finely grated Parmesan cheese
½ cup 2% milk
¼ tsp. kosher salt
¼ tsp. ground black pepper

Directions:

Heat a medium pan over medium-high heat. Spread oil around the pan. Add the onion and sauté until soft. Add the cooked barley and garlic to the pan. Pour in ½ cup of the chicken stock, stirring continuously. Once all the liquid is absorbed add in an additional ½ cup of chicken stock, stirring continuously until all the liquid is absorbed. Continue the same process, adding ½ cup of chicken stock until only ½ cup of chicken stock remains. Add the mushrooms, asparagus and herbs. Cook until the vegetables have softened, then add the last ½ cup of chicken stock. Once all the liquid is absorbed, add the Parmesan cheese, 2% milk, salt and pepper. Reduce heat to low and stir to combine.

Nutrition Facts: Per serving (1 cup): Calories 185, Fat 4 g, Saturated fat 2 g, Cholesterol 8 mg, Sodium 247 mg, Carbohydrate 32 g, Fiber 5g, Protein 8 g

For more information on Farm2School visit: www.laxf2s.org

Color
Asparagus!

