

Fresh Food Handling Tips

* Grown locally

Eat within a week: asparagus*, rhubarb*, spinach/lettuce mix*, tomatoes*, peppers*, mushrooms*
Can be stored: potatoes*, apples*, spelt*, herbs*

Next Month's Items: *This is a list of items expected to be in the box, but does not guarantee that these items will be included.* Baby potatoes*, rhubarb*, strawberries*, tomatoes*, bok choy*, kohlrabi*, radishes*, spinach/lettuce mix*, green onions* and peas*

Payment Deadline

Pickup Date

🍏 Friday, June 3

🍏 Thursday, June 16

🍏 Friday, July 1

🍏 Thursday, July 19

🍏 \$15 each cash - NO cheques

🍏 We cannot cater to individual or dietary needs.

🍏 Pickup times may vary. Please check with your site.

🍏 Unclaimed orders will be donated to a local food bank or charity. We are unable to issue a credit for unclaimed orders.

🍏 **Infoline: 519-482-3416 extension 2244**

🍏 **Email: goodfood@huroncounty.ca**

🍏 **Website: ww.huroncounty.ca/health.food/gfb.php**

Payment Sites

Bayfield	Nancy Scotchmer	519-565-2596
Blyth	Blyth Public Library	519-523-4400
Clinton	Clinton Public Library	519-482-3673
	Huron County Health Unit	519-482-3416
	Huron County Social Services	519-482-8505
Exeter	Exeter Public Library	519-235-1890
Ethel	Grey Central Public School	519-887-6601
Goderich	Goderich Public Library	519-524-9261
Grand Bend	Community Health Centre	519-238-1556
Hensall	Hensall Major Appliances and Mattress	519-262-2728
Seaforth	Sally's Closet	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Zurich	Zurich Public Library	519-236-4965

May Suppliers: Apple Park, Bruce-Huron Produce Auction, Farm Fresh Produce, Huron Produce, "The Home Farm" Carol Dougall & Kirk Iredale, Weth Mushrooms & Moore's Foodland



Huron Good Food Box

May 2011

Newsletter



Spring Means Asparagus

If it's spring then it must be asparagus season! Ontario asparagus is plentiful in May and June so make the most of this time by choosing the freshest asparagus you can find. Use the tips and recipes included here for some quick, nutritious and delicious dishes.

Nutrition Spotlight!

Asparagus is an excellent source of folate, which helps to build new red blood cells and lowers the risk of having a baby with birth defects. It may also help reduce the risk of heart disease.

Asparagus is also a source of vitamin A and vitamin C.

Shopping and Storing

Choose asparagus spears that are straight, crisp and have tight green or purple tips. Whether you choose thick or thin spears is a matter of personal taste - both will be delicious!

To store asparagus, wrap the ends in a damp paper towel and then cover with plastic wrap. You can also stand the ends up straight in a container of water.

Asparagus can be stored for 4-5 days in the refrigerator, but to make the most of their fresh spring flavour, eat them as soon as possible.

What is white asparagus?

To produce white asparagus, farmers

cover the vegetable with mud and dirt while it grows so that it doesn't get sunlight. Sunlight causes the white asparagus to produce chlorophyll, which turns the asparagus green. Only a small percentage of all the asparagus grown in Ontario is the white variety.

White asparagus is considered a delicacy in Europe and you may find that it is more expensive than its green cousin. It is slightly thicker in size (which may require some peeling) but it is also thought to be milder in taste than green asparagus and is more tender. White or green asparagus will work in most recipes.

Preparing

Asparagus is quick and easy to prepare in a variety of ways. Perfect for busy nights when you want a no-fuss dish!

Wash the asparagus in cold water to remove sand or dirt. Hold the asparagus by its end and snap off the woody part of the spear. Thick spears may sometimes require some peeling to remove the tough outer layer.

The less you cook your asparagus, the more flavourful and crisp it will be. Thin spears can cook up in less than three minutes. Thicker spears may take slightly longer but you can speed up their cooking by cutting an "x" with your knife in the bottom of each stalk.

Here are some different ways to prepare asparagus

- Keep asparagus crisp and green by steaming in a tightly covered pot for 4-8 minutes. Serve with light mayo or a sprinkle of lemon.
- Drizzle asparagus with olive oil and lemon, and then roast in the oven. Grate a little parmesan cheese over the hot asparagus and serve.
- Take advantage of the warmer weather and grill asparagus on the barbeque.
- Teach the kids to prepare their own asparagus for an afternoon snack. Cover asparagus with 2 tbsp of water and place in microwave on high for 4-6 minutes. Serve with some light ranch sauce for dipping.
- Add asparagus to soups, salads, pastas, stir-fries, eggs and other favourite dishes.

Adapted courtesy of EatRight Ontario at www.ontario.ca/eatright. Contact an EatRight Ontario registered dietitian for free nutrition advice at 1-877-510-510-2 or send questions to "Ask a Dietitian" online at www.ontario.ca/eatright.

COOKING TIP:

Eat spelt grain like rice

Add 250 ml (1 cup) of rinsed Spelt berries to 750 ml (3 cups) of water
Bring to a boil and simmer 45-60 minutes
Fluff with fork and let stand 5 minutes

Spinach Salad with Grilled Asparagus

This salad would also be a wonderful light lunch or supper salad when served with some rolls.

1 bunch (about 375 g/12 oz) asparagus, trimmed
Olive oil plus salt and pepper to taste
60 ml (1/4 cup) olive oil
60 ml (1/4 cup) finely chopped fresh mint
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) honey mustard
1 clove garlic, minced
1 bunch spinach (about 2 L / 8 cups) washed, stemmed, torn into bite-size pieces
125 ml (1/2 cup) thinly sliced red onion
2 slices prosciutto, diced or cooked and crumbled bacon
60 ml (1/4 cup) shaved Parmesan or 25 ml (2 tbsp) grated Parmesan

Cheesy Mushroom and Asparagus Bake

375 g (12 oz box) whole-wheat macaroni noodles
15 ml (1 tbsp) olive oil
500 ml (2 cups) white mushrooms, sliced
250 ml (1 cup) asparagus, chopped, tough ends removed
125 ml (1/2 cup) celery, chopped
2 green onions, finely chopped
540 ml (19 oz can) ready to serve, reduced fat & sodium, cream of mushroom soup
125 ml (1/2 cup) skim milk
75 ml (1/3 cup) asiago (parmesan) cheese, grated
250 ml (1 cup) light, old cheddar cheese, grated
Ground pepper to taste

Preheat oven to 400° F (200°C). Cook pasta as directed on the box. Meanwhile, in fry pan, heat oil over medium heat. Sauté mushrooms until soft. Add asparagus and celery and cook 5 minutes. Remove from heat.

In a large bowl, mix together cooked pasta, mushrooms, asparagus, celery, green onion, soup, milk, asiago cheese and pepper.
Pour mixture into large casserole dish and top with cheddar cheese.
Bake for 15 minutes. Makes 6 servings. *Source: Heart & Stroke Foundation*

Preparation Time: 15 Minutes **Cooking Time:** 3 Minutes **Servings:** 4 to 6

Line up asparagus in row; skewer through centre using metal or soaked bamboo skewers. Lightly brush with oil; sprinkle with salt and pepper to taste. Barbecue over medium heat until tender, 3 to 6 minutes. Slice into 2-inch (5 cm) pieces.

In small bowl, whisk together 1/4 cup (50 mL) oil, mint, lemon juice, mustard, garlic, and salt and pepper to taste. Place spinach, asparagus, onion and prosciutto in large bowl. Toss with just enough dressing to coat. Divide among salad plates. Sprinkle with Parmesan. *Source: Foodland Ontario*

Forget your GFB again? Would you like a reminder email?
Email events@huroncounty.ca to be added to our reminder list!
Your email will not be added to any other list - it's only for a reminder.