



Local asparagus

Availability:
may to june

Benefits

→ Because it's exotic, but local at the same time!

Grown in over 60 countries, asparagus is on the "Clean Fifteen" list of vegetables having the lowest pesticide residues.

→ For its delicate taste and many beneficial properties!

The Greeks and Romans recognized the sacred, biological and pharmaceutical virtues of asparagus. And its gastronomical qualities have survived the ages. Cook your asparagus al dente to make the most of its colour, texture and taste. And if you're wondering about white asparagus, it's the same vegetable, but grown underground, away from light. It's more tender than green asparagus and has a milder flavour.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Asparagus and strawberry salad



PORTIONS: 2 TO 3

15 MIN

Ingredients

- 12 asparagus stalks, cut into ribbons using a peeler
- 6 strawberries, sliced
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) lemon juice
- 30 ml (2 tbsp) chives, finely chopped
- Salt and pepper to taste

Directions

- 1 Combine the asparagus and strawberries in a salad bowl.
- 2 Whisk together the remaining ingredients in a small bowl. Add to the asparagus and strawberries and toss to combine.
- 3 Season to taste

Source: Julie Strecko, RD

Asparagus mini quiches



PORTIONS: 12 MINI QUICHES 10 MIN 15 TO 20 MIN

Ingredients

- 10 asparagus stalks, thinly sliced
- 10 ml (2 tsp) olive oil
- 2 cloves garlic, chopped
- 10 ml (2 tsp) fresh thyme
- 80 ml (1/3 cup) goat cheese (or other cheese, according to taste)
- 2 eggs
- 125 ml (1/2 cup) milk
- 12 mini pie crusts

Directions

- 1 Preheat oven to 190°C (375°F).
- 2 In a frying pan, sauté the asparagus, garlic and thym approximately 3 to 5 min.
- 3 Divide the asparagus mixture and the goat cheese evenly between the mini pie crusts.
- 4 In a bowl, whisk together the eggs and milk. Divide this mixture between the mini pie crusts (about 15 ml/1 tbsp per quiche).
- 5 Bake in the oven 15 min.

Note

Use a muffin pan and toaster oven to make things simpler and reduce cooking time. This is an ideal method for mini quiches and can also be used for recipes such as lentil bread, French bread, crustless salmon pâté, fruit crisp, etc.

Source: Julie Strecko, RD

Tip!

- Choose asparagus with firm, crisp, bright-green stalks, tightly closed tips, and no signs of rust.

