

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 & place in a plastic bag 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 at their natural breaking point.

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 perennials, meaning that they grow back each year without being replanted.

Ways to Use Asparagus

Add cooked asparagus to cooked pasta with other vegetables such as bell peppers and broccoli.

Roasted

Preheat oven to 425 degrees. Toss asparagus in a bowl with 1 tablespoon oil. Spread asparagus on a baking sheet and sprinkle with a small amount of salt and pepper. Roast 12 minutes or until tender, stirring halfway through.

Grilled

Toss asparagus with 1 tablespoon oil. Lay across the grill and grill on medium heat until tender. The amount of time will range from 5-9 minutes depending on the thickness of the asparagus. Season with a squeeze of lemon juice or sprinkle with lemon pepper.

Steamed

Put asparagus and ½ cup water in a microwave-safe dish with a lid. Microwave on high for 5 minutes and check. Microwave for one minute at a time until the asparagus reaches the texture you like. Sprinkle with your favorite seasoning.

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

Crispy Asparagus Fries

Try these crispy asparagus fries for a green twist on the potato classic.



Ingredients

- 1 large egg
- 1/2 tsp Dijon mustard
- 1/4 cup all-purpose flour
- 1 tsp salt, divided
- 1 1/2 cups panko bread crumbs
- 1 lb asparagus, tough ends snapped off
- 1/2 cup canola oil

Instructions

- Combine egg and mustard in a shallow bowl, and beat until uniform.
- Combine flour and $\frac{3}{4}$ tsp salt in another bowl.
- Place panko crumbs on a plate.
- Put all of the asparagus into the flour mixture and toss to coat; don't worry if there is a very fine coating that sticks to the asparagus.
- Working with a few spears at a time, hold the tips of the asparagus, coat with the egg mixture and roll in panko (leaving tips clean if possible).
- Heat oil in a large frying pan over medium. Working in batches, fry asparagus, turning as needed, for 1 to 2 min or until panko is golden and asparagus is tender-crisp. Remove from heat, season with the remaining $\frac{1}{4}$ tsp salt and serve.



Thursdays—2:00 pm-6:00 pm

Saturdays-9:00 am-1:00 pm

Diploma Drive

Near the Lunda Community Center

Black River Falls

Visit our Website: www.jacksoninaction.org

● Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.