

Food of the Month

Nutritional Information
Cooking & Storing
Recipes



A healthy community through the
power of good food

June 2017

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FEATURED FOOD: ASPARAGUS

Prized as an epicurean delight, asparagus has been used for its medicinal properties for over 2000 years. Asparagus is grown in many continents and comes in a variety of colors (green, white, and purple). It also has different species such as *Asparagus Officinalis* that is consumed as a staple food, where *Asparagus Racemosus* which is found more in India or the Himalayas is used for more medicinal purposes.

Asparagus is a perennial plant and is a member of the lily family. There are over 300 varieties of asparagus but only a small percentage is edible.

Asparagus is packed with antioxidant nutrients like Vitamin C, Beta-carotene, Vitamin E, and minerals such as selenium, Iron, and Zinc. Asparagus is a great vegetable known for being high in nutrition while being low in calories. 1-cup of cooked asparagus is only 40 calories. Finally, it also contains a special polysaccharide that supports digestive health.

HOW TO COOK, STORE & PREPARE ASPARAGUS



Rinse the asparagus under cold water and cut or snap off the hard ends of the stalk (they tend to break off naturally where the hard portion and tender portion meet). Asparagus is a delicate vegetable and it can be easily overcooked which leaves them tasting stringy. Steaming them in a steamer basket for 3 minutes and then dumping them into cold water will stop the cooking and keep them perfectly crisp.

When picking asparagus at the store, look for stems that are firm to the touch. You also want bright green or purple tips on your asparagus that are tightly closed. The spear itself is ideally medium in size (about 1/2"-1" diameter). The very thin spears can easily be overcooked and the very thick spears can taste tough and woody.

Store your asparagus in the crisper drawer of your refrigerator. The cooler temperatures can help reduce the respiration rate which keeps it fresher longer. You can also wrap the ends in a wet paper towel and then store them in the crisper in an air-tight container or bag to further promote freshness and life.





RECIPE: GRILLED ASPARAGUS

1 lbs. Asparagus Spears
1 tbsp avocado oil
juice of 1 lemon
Pinch of sea salt and fresh ground pepper

Heat your grill to medium-high heat. Snap off the hard ends of the asparagus with your hands. Brush the spears with oil and grill for 2-3 minutes on one side then roll and grill the other side for an additional 2 minutes. Remove from the grill, squeeze fresh lemon juice over top and season with salt and pepper to taste.

RECIPE: ASPARAGUS LEMON RISOTTO

1 bunch of asparagus	1 tbsp. fresh thyme
1 tbsp. grass fed butter or coconut oil	1 tsp. of Celtic sea salt
2 medium shallots, finely chopped	1 tbsp. lemon zest
1/2 cup minced, mushrooms	1/8 cup Grated Parmigiano or
2 cups of basmati rice	Nutritional Yeast
3.5 cups of bone broth or vegetable stock	

Place asparagus in a steam basket for 5-6 minutes then place them in a bowl of ice-cold water for 2 minutes, then chop the spears into ½ inch pieces. While the asparagus is steaming, melt the butter/ oil in a pot over medium heat with shallots for 3-5 minutes. Add the rice & mushrooms and cook until slightly translucent 3-5 minutes. Add the chopped asparagus & stock, turn to med-low and stir occasionally until the liquid is absorbed (about 15-20 minutes). Serve in bowls and top with lemon zest, fresh thyme & cheese or nutritional yeast as desired.

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Next Markets:

June 15, 2:00pm-
6:00pm, Canora Community
League (10425-152 St)

June 27, 10:00am-2:00pm,
Glenwood Community League
(16430-97 Ave)

July 12: Fruit & Veggie Sale, 5-
8pm, Belmead Community
League (9109-182 St)

Events:

June 30: Collective
Kitchen, 1-3pm,
Britannia Youngstown
Community League
(15927-105 Ave)

July 27: Collective
Kitchen, 1-3pm,
Britannia Youngstown
Community League
(15927-105 Ave)

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