



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

ASPARAGUS



AVAILABLE

Spring early Summer.

STORE

In the fridge. Will keep for 4-5 days.

EAT

Raw or cooked.

PREPARE

1. Wash in running water.
2. Trim woody ends.

COOK

Boil: Boil water in a saucepan. Add asparagus. Boil until tender (3-4 minutes).

Steam: 3-4 minutes.

Saute: In a frypan with 1T of oil. 3-4 minutes.

Microwave: In a shallow dish with 1T of water. 4-6 minutes.

Grill: On high. Turn once. 5 minutes.

Roast: In preheated oven at 180°C. Turn once. 15 minutes.

Serve as a side dish.

AVOID WASTE

Freeze: Boil asparagus for 3 minutes. Drain. Plunge into cold water. Drain. Freeze in bags.

Can be frozen for 12 months.

Make soup: There are lots of recipes online. Soup can be frozen in serving sized containers.

TASTY IDEAS

- Asparagus rolls. Wrap a cooked stalk in a slice of bread.
- Wrap a cooked stalk in a slice of ham or cooked bacon.
- Add to pizza.
- Sauté stalks lightly. Add to cooked pasta for a quick, simple meal.