



What's in Season?



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Vegetables: Asparagus continues for its short season. New Potatoes. The first Courgettes and Globe Artichokes. Green Beans, salad leaves, Mange-Tout and Watercress.

Fruit: Strawberries, Cherries and Gooseberries.

Fish: Hake, Crab, Lobster, Prawns Sardines and Whitebait.

Cheese: Farmhouse Cheddar. From France: Saint Marcellin, Sancerre Chavignol and Bouille.

Asparagus

Often considered to be a delicacy, with its straight spears and compact tip, asparagus is an attractive elegant-looking vegetable with a wonderfully subtle flavour. Choose firm, fresh-looking stalks. Asparagus is usually served cooked, but can be served hot or cold. It can be served as an accompanying vegetable to light summer meals such as poached fish or grilled chicken.

Add cooked asparagus to rice or pasta salads, pasta sauces, quiches or risottos. Hot asparagus can also be served as a simple but flavoursome starter with plenty of warm crusty bread and hollandaise sauce, melted butter or a classic vinaigrette dressing made from olive oil, lemon juice, freshly ground black pepper and sea salt for dipping.

Wash each stalk and snap or cut off the end if it is woody or tough. Trim the stalks to roughly the same length to ensure even cooking and tie in bunches of 6-8 stems.

Asparagus can be boiled or steamed, for best results keep the tips away from direct heat as they cook faster. The cooking time will vary depending on the thickness and freshness of the stalks. To boil, place the bundles upright in a pan of boiling water to come three-quarters of the way up the stalks, cook for 3-8 minutes or until tender.

To steam, place the bundles upright in a steamer, cook for 3-8 minutes or until tender.

Keep in the fridge for up to 2 days.

Thanks to **Think Vegetables** for the recipe and image along with information on Asparagus. For more information on vegetables, what's in season, their nutritional values, images and recipes visit www.thinkvegetables.co.uk

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