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It's Asparagus Season!

1 message

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It's Asparagus Season!

10 Facts About Asparagus

1. Asparagus can be green, white or purple.
2. Peak season is April through late June.
3. Choose bright green asparagus stalks with purple-tinged tips.
4. Look for stalks that have a smooth skin, uniform in color and have a dry, compact tip. Avoid wilted or limp stalks. Shriveled stalks are a sign of age.
5. To store asparagus, wrap the stem ends in damp paper towels for several days. To extend the life, refrigerate stalks, tips up in a cup of shallow water.
6. To prepare, trim woody ends from asparagus spears. You can cook the spears as they are, or peel the skin (with a potato peeler) to make stalks more tender.
7. Asparagus can be broiled, steamed, grilled, roasted or sautéed.
8. Asparagus is high in fiber, folate and potassium.
9. Asparagus contains bone-building vitamin K along with many antioxidants, including vitamins E, A and C.
10. Each spear of asparagus has just 4 calories and contains no fat or cholesterol.

Source: <https://www.farmflavor.com/at-home/cooking/10-facts-about-asparagus/>.



Recipe: Asparagus Fries

Ingredients

- 1/4 cup plus 3 tablespoons all-purpose flour
- 4 slices hearty white sandwich bread, torn into 1-inch pieces
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 3 large eggs
- 1 pound medium-sized asparagus, woody end cut off
- Peanut or Vegetable oil

Instructions

1. Place 1/4 cup of flour in a shallow dish. Or you can use a paper plate for easy cleanup.
2. Combine the 3 tablespoons flour, bread pieces, salt, pepper, and cayenne in a food processor and process until finely ground. Transfer mixture to a large ziptop bag.
3. Whisk together eggs and 1 tablespoon of water in a shallow dish.
4. Rinse asparagus, but do not dry. The water will help the flour to adhere. Coat them in flour, dip them in egg wash and then 2 or 3 at a time, place them in the bag and shake to coat with bread crumbs. Lay them on a baking sheet until ready to fry.
5. Line a plate with paper towels and pour at least an inch of oil into a Dutch oven. Heat oil to 350 degrees. Fry asparagus in batches for 1 to 2 minutes, until golden brown. and then place on paper towel-lined plate.

Source: <https://spicysouthernkitchen.com/fried-asparagus/>.

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For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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