

Roasted Asparagus

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- 2 bunches medium asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt (table salt can be substituted)
- Pinch freshly ground black pepper



1. Preheat oven to 450
2. Wash asparagus in cold water. Hold the asparagus near the end and bend. It will break easily. Discard ends.
3. On baking sheet, add asparagus, olive oil, salt and pepper. Toss to coat and lay asparagus in a single layer.
4. Roast asparagus 8-10 minutes, shaking pan halfway through cooking time. Asparagus will be a bright green with brown flecks when done.
5. Serve warm or at room temperature.

Options: Top with Parmesan or other grated cheese. Or sprinkle with vinegar (wine or balsamic vinegar are good), or fresh squeezed lemon juice.

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Asparagus

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Fun Facts:

- Asparagus can grow as quickly as 10 inches in one day!
- Asparagus plants will generally produce for about 15 years without being replanted.
- Michigan ranks third in the nation for asparagus production, behind California and Washington.
- Asparagus is part of the lily family.

Nutritional Information:

- A good source of potassium, fiber, Vitamins A, B-6, and C, and thiamin.
- Asparagus has more folic acid than any other vegetable!
- Asparagus contains glutathione, an antioxidant that's key to preventing diabetes.

Storage Information:

- Select spears that look moist, firm, and fresh, with compact tips. Ones with larger diameters are more tender.
- Wash thoroughly, pat dry, and refrigerate as soon as possible after purchasing.
- Bundle spears and stand upright in a container of water to maintain freshness.
- Freezing: Cook spears for one minute in boiling water. Rinse in ice water, then drain and pack in airtight containers, leaving no head space.

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Asparagus Frittata

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| 1 small bunch washed asparagus (about ¾ pound) | Sea salt to taste (or regular salt) |
| 1 cup diced onion | Black pepper to taste |
| 1 tablespoon butter | 1/8 teaspoon nutmeg (optional) |
| 4-5 eggs | 1/4 cup grated cheese such as cheddar, monterey jack, or crumbled feta |
| 1/2 cup milk | |

- Preheat oven to 300 degrees.
- Hold asparagus at the end of the stem and bend to break. Discard ends. Cut spears into 1-inch pieces.
- Melt the butter in an oven safe skillet. Add onions and cook over medium heat until tender.
- Add asparagus pieces to pan along with 1 tablespoon of water. Cover the pan and allow the asparagus to steam for 1-3 minutes, until tender.
- Meanwhile, mix together the eggs with the milk.
- Add salt, pepper, and nutmeg.
- Pour the egg mixture into the pan with the asparagus and onions. Add the cheese, pressing it gently into the eggs. Cook on the stovetop for 1 to 2 minutes. Transfer pan to the oven and bake until the eggs are just set. Check after 5 minutes.
- Remove from the oven, cool for a few minutes and then slice into serving size wedges.

Serve with salad, good bread and maybe a few steamed new potatoes.

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Asparagus Soup (from Moosewood Cookbook)

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| 2 pounds fresh asparagus | 2 cups water (can use chicken or vegetable stock for more flavor) |
| 1½ tablespoons butter | 2 cups hot milk |
| 2 cups chopped onion | 2 teaspoons dill |
| 1 ½ teaspoons salt | 2 teaspoons tarragon |
| 3 tablespoons all purpose flour | Pinch of black pepper |

- Wash asparagus in cold water. Hold asparagus spear at the end of the stem and bend to break. Discard ends. Cut spears into 1-inch pieces, reserving tips.
- Cook onion and asparagus pieces in butter and salt for 10 minutes over medium heat, in a pot. When the onions are transparent and soft, sprinkle in 2 tablespoons flour, stirring constantly for another 8-10 minutes. (The flour will help to thicken the soup)
- Add water (or stock) and stir constantly until it boils, then lower heat to simmer. After 5 minutes, sprinkle in last tablespoon of flour, mix well. Cook for another 8-10 minutes, stirring frequently.
- Puree soup with hot milk in small batches in food processor or blender. Place pureed soup back into a pan. Season the puree with dill, tarragon, salt and pepper.
- Add asparagus tips and heat soup gently. Do not boil.

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Strawberry Shortcakes

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| 1 quart strawberries, sliced | 1/2 cup butter, cut into small cubes |
| 1/2 cup plus 1 tablespoon and 2 teaspoons sugar | 3/4 cup milk |
| 2 cups flour | 1 cup whipping cream |
| 1 tablespoon baking powder | 1 teaspoon vanilla |
| 1/2 teaspoon salt | |

- Preheat oven to 450.
 - Sprinkle sliced strawberries with 1/2 cup of sugar, set aside.
 - Sift together flour, baking powder, 1 tablespoon sugar and salt in large bowl.
 - Add cubed butter to dry ingredients.
 - Using your hands or a pastry blender mix butter with dry ingredients until it resembles rice.
 - Add milk, mix to blend.
 - Knead dough briefly on lightly floured surface. Roll dough to 1/2 inch thickness. Use a 3-3 1/2 inch round biscuit cutter to shape shortcakes. (A jar lid will work also)
 - Place on ungreased cookie sheet. Bake 15-18 minutes until golden brown.
 - Whip chilled cream, 2 tablespoons sugar and vanilla until stiff peaks form.
- To serve: Split each shortcake crosswise and mound with strawberries, top with other half of shortcake, mound with more strawberries and top with whipped cream.

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Strawberries

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Fun Facts:

- Strawberries are grown in every county of Michigan.
- Kids love strawberries! Over 53% of seven to nine year olds say strawberries are their favorite fruit.
- Strawberries are unique as they have seeds on the outside of the fruit.
- Strawberry leaves can be used as a substitute for tea.

Nutritional Information:

- Strawberries are high in Vitamin C and folic acid. Just eight berries will give the full Recommended Daily Requirement for each.
- They are also a good source of iron, calcium and fiber.
- There are about 60 calories in one cup of strawberries.

Selecting and Storing:

- Select berries that are fresh and fully red.
- To freeze berries: use only firm, ripe berries. Wash gently in cold water, drain and remove the stems. Slice berries and place in a shallow pan. Sprinkle with sugar (1/2 to 3/4 cup per quart of berries) Stir gently. Place in containers or plastic bags, leaving headspace.
- You can also freeze berries without sugar by laying them flat on a cookie sheet and freezing until hard. Store frozen berries in plastic containers or bags.

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Strawberry Spinach Salad

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2 bunches spinach, rinsed and torn
4 cups washed and sliced strawberries
1/3 cup vegetable oil
1/4 cup white wine vinegar
(can use red wine or balsamic vinegar)

1/4 cup sugar
1/4 teaspoon paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds



1. In a large bowl, toss together the spinach and strawberries.
2. In a separate medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds and poppy seeds.
3. Pour dressing over spinach and strawberries and toss to coat.

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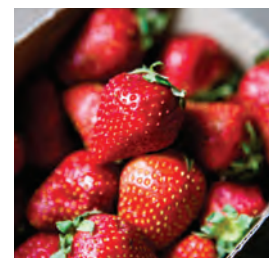
Strawberry Tabouli (a grain salad)

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1½ cups bulgur wheat (find with baking goods or rice in stores)
1 to 2 teaspoons salt
2 cups boiling water
1/4 cup vegetable oil (olive or canola)
1/4 cup freshly squeezed lemon juice

2 cups finely chopped flat leaf parsley
3/4 cup finely chopped mint
4 cups washed and chopped strawberries
1/2 cup nuts (almond slivers, walnuts, pecan crumbles or chopped nuts)

1. In a large bowl, combine bulgur and salt.
2. Add boiling water, cover and let sit for 30 minutes.
3. Remove cover and fluff bulgur with a fork.
4. Stir in olive oil and lemon juice. Add parsley, mint and strawberries.
5. Cover and refrigerate to blend flavors.
6. When ready to serve, add toasted nuts and toss to mix.



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*One potato. Two potato. Three potato.
New potato?
What in the world is a new potato?*

No, they're not a strange new breed of alien-like vegetables with spirally nodules protruding from their fluorescent green skin. They are actually any variety of young, immature potato that is harvested not long after the plant flowers, usually in the spring or summer.

So what's the fuss all about? New potatoes have very thin skin that can sometimes be rubbed off with your fingers. They are high in moisture content and have a particularly creamy texture. Often cooked whole with the skin left on, they are well suited for boiling, steaming and roasting.

The downside is that they have a very short shelf life and should be used within a few days of harvesting. They typically cannot be stored, so you won't find "true" new potatoes on your grocery store shelf. Baby red skinned potatoes are often confused for new potatoes, but in actuality, they have to go through a hardening process in order to be stored properly and to survive the long journey to grocery stores.

Regardless, these sweet and tasty morsels are so tender and delicately flavored they'll melt in your mouth.

Selecting and Storing

- Select firm potatoes, free from soft spots or sprouting.
- Avoid any potatoes with a greenish tint to them.
- Do not refrigerate.

Nutritional Information:

- Potatoes are one of the world's most nutrient-dense foods.
- They are low in fat and calories, have zero cholesterol, and are rich in carbohydrates.
- Packed with essential vitamins and minerals, potatoes are loaded with Vitamin C, Vitamins B1 and B6, fiber, potassium, iron, magnesium, zinc, copper, and they're a great source of folic acid.
- A serving of boiled new potatoes in their skins has more iron than a serving of steamed spinach.

French Bakes

1 lb. new potatoes

1-2 Tbsp olive oil

Salt to taste

(Optional: add your favorite herbs like fresh dill, dried basil, rosemary, Italian spice, sage, or thyme)

Instructions: Preheat oven to 400°F. Wash potatoes and slice into thin strips (1/3 inch). Place them in a bowl, drizzle olive oil over the potatoes and add salt. Stir to coat. Spread single layer on a cookie sheet or glass baking dish. Bake in center of oven for 35-40 minutes. They turn out better if you do not stir them. Once the bottom is a little crispy or turning light brown, take them out and scrape them off the pan gently with the back of a spatula.

Chef Ted's Super Food Smoothie

From Chef Ted Cizma, *Grand Traverse Resort, Acme*

Super Food Smoothie

Makes 4 8oz servings.

1 cup soy milk
1 cup frozen blueberries
1 cup frozen cherries
1 cup fresh orange juice
½ cup green tea
½ cup plain low fat yogurt
1 tblsp. safflower oil
1 tblsp. honey
Pinch cinnamon
½ cup ice

Instructions: Place all ingredients in a blender and whirr until smooth!



Chef Ted's Health Notes:

Blueberries: The best food on the planet to preserve a young brain as we mature.

Cherries: They contain among the highest levels of antioxidants compared with other fruits. Some studies show that eating about 20 cherries a day could reduce inflammatory pain and headache pain. Cherries are one of the few known food sources of melatonin, an antioxidant that helps regulate our natural sleep patterns. Tart cherries contain 27 mg and sweet cherries have 7 mg.

Oranges: The most readily available source of vitamin C, which in turn lowers the rate of most causes of death in this country, for example, heart disease and cancer.

Green tea : The easiest and cheapest no-calorie way to avoid heart disease and cancer.

Yogurt: A tasty, easy way to boost your immune system.

Soy: The only complete vegetarian source of protein.

Regular safflower oil: With a fatty acid profile of 79 percent polyunsaturates, 13 percent monounsaturates and just 8 percent saturated fats, it is the most highly polyunsaturated vegetable oil available. That's why using safflower oil cold is essential for the best of health.

Cinnamon: Just half a teaspoon of cinnamon a day significantly reduces blood sugar levels in diabetics, a new study has found. The effect, which can be produced even by soaking a cinnamon stick in your tea, could also benefit millions of non-diabetics who have a blood sugar problem but are unaware of it.

Cinnamon has additional benefits. In the human volunteers in the study, it lowered blood levels of fats and "bad" cholesterol, which are also partly controlled by insulin. And in test tube experiments it neutralized free radicals, damaging chemicals which are elevated in diabetics.

Vinaigrette:

1 part vinegar or fresh lemon juice
3 parts oil (olive or other high quality oil)
handful of fresh herbs
1-2 shallots or a small garlic clove
salt, to taste
pepper, to taste

Dijon Mustard, around 1 tablespoon, based on about 2-3 cups of liquid

Instructions: Blend everything but the oil in your blender. While it is running, open the small part of the lid, and drizzle the oil in very slowly. This will emulsify the mixture. (Keep the mixture from separating with the oil on the top and the vinegar in the bottom.) Store in the refrigerator, keeps around 2-3 weeks.

Or: Use a pinch of dried herbs such as oregano or basil instead of fresh, and chop the shallot or garlic very fine. Then, put ingredients in a Mason jar and shake, shake, shake!

Stir fry:

Cubed veggies of any kind
Olive oil
Salt and Pepper

Instructions: Heat the wok at high temp, stir fry the veggies, starting from hardest (such as carrots) to softest (such as mushrooms). Season to taste with salt and pepper. Add herbs at the last minute, if desired. Add a sauce (such as the vinaigrette) if desired.

One Pot Suppers, or Pasta Salad:

2 cups cooked beans
1 cup cooked pasta (any shape)
1 cup nuts (walnuts, pecans, peanuts, or sunflower seeds)
4 cups stir fried veggies
½ cup vinaigrette

Instructions: Combine all and let flavors mellow. If you don't have a vinaigrette on hand, just toss the above with a good quality vinegar, a little olive oil (maybe sesame oil, for a change of pace), fresh herbs and salt and pepper to taste. You can also add any leftover meat, if available.

Frittata:

A style of omelet, often finished off in the oven under the broiler.

This can be very versatile in its ability to incorporate any type of sautéed veggies, raw veggies, cheeses, and fresh herbs.

Instructions: In a medium skillet, heat oil over medium heat.

Add diced pepper, onion, or mushrooms and cook until tender. Stir in leftover corn, broccoli or carrots, etc.

Pour in eggs (two per person, stirred up in a bowl with a whisk or fork), season with salt and pepper and stir mixture until it begins to thicken.

Lower heat and cover for 3-5 minutes until mixture is firm. Uncover and sprinkle with cheese. Slide skillet under broiler to brown top of frittata; or, just put the lid back on for a minute so that the cheese melts.

Wraps are basically sandwiches that are wrapped in a tortilla, lavash bread, pita bread, or any other round flat bread you can think of.

My wife, who is Hispanic, has told me she grew up making peanut butter and jelly sandwiches with tortillas instead of bread. I am fond of wrapping bratwurst, grilled peppers, and mustard in pita bread.

The advantage a wrap has over traditional bread sandwiches is they are often times much easier to eat. Add to that the fact that they tend to be more festive and you have the perfect beginning to a simple and quick meal, where you are only limited by your imagination. A surefire way of creating some of your own wraps is to take your favorite salads and wrap them.

Below are some suggestions you could use in making your own wraps. Remember to get creative and make what you like to eat. It can be simple or gourmet:

- Chopped fresh apples, raisins and grated cheddar cheese.
- Chopped fresh apples, dried cherries and peanut butter.
- Applesauce, chopped fruit, a drizzle of honey.
- Chopped peaches, cream cheese or goat cheese, a drizzle of honey.
- Peanut butter and jelly.
- Pizza wrap: Tomatoes, chopped onions, basil, and shredded mozzarella cheese.
- Grilled peppers, chicken or black beans, and herb mayonnaise or shredded cheese.
- Roasted tomatoes and zucchini with baba ganoush (roasted and pureed eggplant with olive oil and Middle Eastern spices).
- Caesar salad wrap: Romaine lettuce, Caesar salad dressing, chicken.
- Leftover chopped chicken or turkey, dried cherries (and/or fresh apples), and mayonnaise.
- Turkey, bacon, boiled egg, and herbs with mustard dressing.
- Grilled steak with blue cheese, arugula, and pears.
- Whitefish, cabbage, cilantro, red radish, and spicy mayonnaise.
- Leftover stir fried veggies, vinaigrette, and shredded cheese.

These are just a few examples of what you can do. The easiest way to come up with wrap ideas is to look at the ingredients you have to work with, combine them and then wrap them!