

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and some wooden structures.

LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Asparagus Chop Salad

Featured Item: Asparagus

Serving Size: 0.5 cup • Yield: 4

Fun Facts:

- It takes 3 years for asparagus to be ready to harvest for the first time.

Try It!

- When asparagus is out of season, see what other local ingredients you can swap into this recipe.

INGREDIENTS - SALAD

Asparagus, Raw, Local : **1/2 c., 2 tbsp., 1/2 tsp.**

Garbanzo Beans: **1/2 c.**

Cucumber, Raw, Diced: **1/4 c., 1 3/4 tsp.**

Red Onion, Chopped: **1 tbsp., 1/2 tsp.**

Grape Tomatoes: **2 tbsp., 1 tsp.**

Red Pepper, Raw, Diced: **1 tbsp., 1/2 tsp.**

Kalamata Olives, Pitted: **1oz.**

Basil, Fresh, Local, Chopped: **1 tsp.**

INGREDIENTS - VINAIGRETTE

Balsamic Vinegar: **2 1/3 tsp.**

Extra Virgin Olive Oil: **2 1/3 tsp.**

Sugar: **1/3 tsp.**

Lemon Juice: **1/2 tsp.**

Kosher Salt: **1/4 tsp.**

Black Pepper: **1/4 tsp.**

Source: Pisanick Partners, LLC.



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DIRECTIONS - PRE PREP

1. Wash asparagus and cut into 2 inch pieces.
2. Drain beans.
3. Wash and dice cucumbers, red pepper, and onions.
4. Cut tomatoes in quarters.
5. Chop basil.
6. Rough chop olives.
7. Prepare Balsamic Vinaigrette.

DIRECTIONS - ASSEMBLE SALAD

1. Add the asparagus, drained garbanzo beans, diced cucumbers, diced onions, tomatoes, diced red peppers, and olives in a large mixing bowl.
2. Toss vegetables with dressing. Let the salad chill in the refrigerator until ready to serve, at least an hour. Add basil before serving.
3. Serve in 1/2 cup sizes.

Source: Pisanick Partners, LLC.