

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 a wooden structure.

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.



Cheesy Roasted Garlic Asparagus

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.
- White asparagus grows in the dark and turns pink in the sun!

Try It!

- Squeeze lemon over asparagus to bring out its freshness.

INGREDIENTS

- Asparagus, Raw, Local : **1 pound**
- Extra Virgin Olive Oil: **2 teaspoons**
- Kosher Salt: **1/4 teaspoon**
- Garlic, Minced: **1 teaspoon**
- Black Pepper: **1/4 teaspoon**
- Parmesan Cheese, Grated: **2 teaspoons**

DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and trim asparagus. Cut each stalk in half. Note: 4 stalks (8 pieces) = 1/2 cup serving.
3. Toss asparagus with olive oil, minced garlic, salt, and pepper. Spread onto baking dish. Sprinkle with parmesan cheese.
4. Bake for 15 minutes or until asparagus is tender.

Source: Pisanick Partners, LLC.