

From the Farm to Your Table

A Recipe: Quick and Easy
(allrecipes.com)

Asparagus and Cashews

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 1 teaspoon minced fresh ginger root
- 1 bunch asparagus stalks, ends cut
- 1 tablespoon soy sauce
- 1/2 cup chopped cashews

Directions

- Heat olive oil and sesame oil in a wok over low to medium heat.
- Add ginger, and stir fry until slightly brown.
- Add asparagus, and stir fry for a few minutes before adding soy sauce and cashews.
- Cook until asparagus is tender but still crisp and bright green, stirring frequently.

Prep Time: 15 Min Cook Time: 10 Min Ready In: 25 Min

ASPARAGUS IS A MEMBER of the Lily family, which also includes onions, leeks, and garlic.

Asparagus comes in both green, white, and purple varieties.

Green asparagus is more popular in the United States, while the white is eaten more in Europe.

White asparagus is grown beneath mulch to keep sunlight from reaching the ripening spears; therefore, it cannot produce chlorophyll necessary to produce its green coloring. The asparagus is harvested before the spears break the surface of the mulch.

White asparagus eaten raw has a sweet, nutty flavor.

An asparagus plant is not harvested for the first 3 years after the crowns are planted to allow the crown to develop a strong fibrous root system.

A well-cared-for asparagus plant will produce for 15 to 25 years without being replaced.

The peak season for this crop is in April and May.

