

April Produce Guide

With April's warmer temperatures comes tasty local produce like:

- Asparagus
- Collard Greens
- Lettuce
- Radishes
- Peas
- Spinach
- Mushrooms

Below is a recipe featuring asparagus, here are a few of its health benefits as well as facts and tips about storing, selecting, and preparing this vegetable:

- Asparagus contains a great amount of dietary fiber and Vitamin A.
- This veggie is packed with antioxidants, folate, and is a natural diuretic.
- If you are looking to store asparagus for a long amount of time, place them in a cup or glass standing up with a small amount of water in the bottom. (As pictured above.)
- The asparagus capital of the world is Oceana County, Michigan.
- There are male and female asparagus!



Spring Vegetable Saute

Recipe adapted from Choosemyplate.gov

Serves 4.

- 1 teaspoon olive oil
 - ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- - 3 new potatoes (tiny, quartered)
 - ¾ cup carrot (sliced)
 - ¾ cup asparagus pieces
 - ¾ cup sugar snap peas, or green beans
 - 1/2 cup radishes
 - ¼ teaspoon salt
 - ¼ teaspoon black pepper
 - ½ teaspoon dill (dried)



Instructions:

- 1) Heat the oil in the skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
- 2) Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
- 3) If the vegetables start to brown, add a Tablespoon or 2 of water.
- 4) Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender – about 4 minutes more.

5) Serve immediately.