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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

AH! ASPARAGUS

By Arleen M. Kaptur

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During this very beautiful time of year, fresh green spears of asparagus add not only nutritional value to our meals, but supply a stunning color, texture, and delight to the table.

If you can grow your own asparagus, more power to you. If not, purchase them at your local grocer, but take advantage of their appealing taste and you will be an asparagus lover. Let your family and especially your children try asparagus – preparing it in different ways will add variety as well as giving them an opportunity to pick and choose their favorites.

So here's to asparagus – ENJOY.

ASPARAGUS POLONAISE –

1 stick of butter

1/4 cup dried white bread crumbs

1 lb. of fresh asparagus

1 hard-cooked egg, finely chopped

1 tbs. fresh parsley, chopped very finely

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In a pan, over medium heat, cook asparagus in boiling, salted water until tender, about 8 mins. Drain and keep warm.

Melt the butter in a small pan. Add the crumbs and cook until the butter foams, but does not brown.

On a platter, place the cooked spears of asparagus. Sprinkle the hard-cooked egg over the spears, then the parsley. Spoon the buttered bread crumbs over the parsley and serve.

Extra-Special Hint:

On party bread, spread a small amount of mayonnaise. Top each piece of bread with a small leaf of lettuce, Top with a bit of tuna (packed in water) that has been drained, a spear of cooked asparagus, and a slice of tomato. You have a very stunning party sandwich for your guests to enjoy.

ELEGANT FILLET OF SOLE AND ASPARAGUS

1 can (10/3/4oz. condensed cream of celery soup

1/2 cup milk

1 cup (4 ozs.) shredded Swiss cheese

1/2 tsp. dried basil, crushed

1/4 tsp. seasoned salt

1/4 tsp. freshly ground black pepper

2 cups baby carrots, cooked and drained

1 lb. fresh asparagus, cooked and drained

1 lb. unbreaded sole fillets, (if using frozen, please defrost totally and dry with paper toweling before using

Preheat oven to 375. In a small bowl, combine the undiluted soup, milk, one-half of the Swiss cheese, and all the seasonings. Set aside.

In an 8x12 baking pan, combine the carrots, asparagus.

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Roll your fish fillets and place them upright along the center of the baking pan. Spoon the vegetable medley around the bundles of fish. Pour your soup mixture over the entire casserole. Bake, covered, for about 30 mins. or until the fish flakes easily when tested with a fork.

After 30 mins. top the fish only with the remaining cheese. Bake, uncovered for 3 mins.

This is true company faire that will make your guests feel very special.

ASPARAGUS SALAD –

1–1/2 cups vegetable oil (canola, if possible)

1/2 cup white vinegar (do not use cider)

2 tsp. Dijon mustard

1/2 tsp. salt

1/8 tsp. pepper

1/4 cup chopped green/or red bell pepper

or a combination of both

1/4 cup chopped green onions (scallions)

2 lbs. fresh asparagus, cooked and drained

2 tomatoes, sliced

a few slices of red radishes (optional)

1/2 cucumber sliced thinly (optional)

1 tbs. chopped fresh curly parsley

In a small bowl, whisk together the oil, vinegar, mustard, salt and pepper. Add the bell pepper, parsley, green onions, cucumber, and radishes, if using. Place the asparagus spears in a glass bowl. Pour the dressing with the vegetables over the asparagus. Cover and chill overnight.

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When ready to serve, drain the asparagus by using a slotted spoon and arrange them on a plate lined with lettuce leaves. Garnish with the tomato slices.

Pour by spoon some of the dressing over the asparagus and tomato slices, including some of the vegetables in the dressing.

Place the remainder of the dressing in a small bowl so that guests can add more if they would like to.

You have a very nice luncheon salad or a pretty dinner salad.

Either way enjoy the taste of asparagus!

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(An excerpt from Rustic Living e-cookbook – Vegetables–Here's to Your Health

Arleen has written numerous magazine/newspaper articles. Author: **SEARCHING FOR AUSTIN JAMES**, e-cookbooks, and on-line workshops Website: <http://www.rusticliving.info> and <http://www.topica.com/lists/simpleliving>

How to Grow Asparagus

By Hans Dekker

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Asparagus is a perennial plant with erect, edible stems and tiny branches that bear even tinier flowers that become red berries that contain the black Asparagus seed. Formerly in the Liliaceae family, botanists have realized that Asparagus is in a class by itself and have repositioned its 120 species in the Asparagaceae genus. Asparagus is a high-end gourmet food item, but if you know how to grow asparagus, it becomes an inexpensive way to add a delicate flavor to your meals.

Knowing how to grow asparagus dates back 2500 years ago when it was first cultivated in Greece. In fact, asparagus is from the Greek word for stalk or shoot. Long before it was used as a food item, asparagus was lauded for its medicinal properties. There are many reasons to grow asparagus. Once an asparagus bed is established, asparagus is the first vegetable that is table ready in the springtime and will provide your family with a firm and fresh vegetable treat for up to 20 years, each crown in your bed producing up to ½ pound of spears per year. Although supermarkets stock both canned and frozen asparagus, neither compares to the unique flavor you get from freshly harvested and picked asparagus.

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As asparagus plants grow, they produce a mat of long, tubular roots that spreads horizontally rather than vertically. This one-year-old root system is called the asparagus crown. Although asparagus can be started from seed, it's most often begun from transplanting crowns purchased from a reputable crown grower. Those who wish to learn how to grow Asparagus must have an abundance of patience, since it takes an asparagus bed three years to be established from crowns. The second year of growth, asparagus ferns emerge with a few spindly spears. At the third year, although your bed will produce thicker and more robust spears, they shouldn't be harvested for more than one month to allow roots and crowns to become further established.

Plant asparagus crowns in a trench that is one to two feet wide. Set the crowns up to six inches deep and nine to twelve inches apart. Asparagus grows easily in any well-drained soil. Found growing wild on English riverbanks, the delicate asparagus ferns were nicknamed "sparrow grass". However, asparagus allowed to stand in water develops root rot, which can quickly destroy a complete bed. Asparagus roots have a tendency to "rise" as the bed matures. Gardeners typically add soil to the rows of a mature asparagus bed to keep the crowns undercover. Asparagus is also susceptible to late spring frosts, which kill emerging spears. Take care to keep your asparagus bed covered until frost danger is past.

Gardener and owner of

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