



ASPARAGUS

A perennial consumed in Europe for over 600 years, **asparagus is the first seasonal vegetable to appear on our plates** with the arrival of warm weather. While the most known and consumed variety is green, white asparagus with a more delicate taste and purple asparagus with a fruitier flavor are worth discovering.

Store it as soon as you buy it!

Up to 5 days in the refrigerator, with the stalks in water and covered with a plastic bag, or wrapped in a damp cloth in the vegetable drawer.



Make reserves!

Early May to mid-June

ENJOY IT ALL YEAR ROUND!



Freezing!

Blanch the asparagus for a few minutes before cooling and placing them in an airtight bag. Keeps up to 1 year.

Recipe ideas: soup, vegetable stir-fry.



Dehydration!

Although not necessarily recommended due to their fibrous nature, you can try dehydrating asparagus!

Recipe ideas: grind into powder for a dip.



Canning!

It's possible to preserve asparagus naturally for more versatile use than in pickles. Place washed and trimmed asparagus, whole or sliced, in a sterilized jar. Cover with boiling water. Boil the jars for 30 to 40 minutes in a pressure canner. Detailed recipe here: **Bernardin Asparagus**.

Recipe ideas: soup or potage, salad.



Lacto-fermentation!

Pack peeled asparagus tightly in a jar. Mix 15g of salt and 1g of pepper and/or other spices to taste in 1 liter of water and pour over the asparagus to cover completely. Use a weight if necessary. Ferment at room temperature for at least 7 days (to taste), opening the jar daily to let gas escape. Refrigerate to slow fermentation.

Recipe ideas: as is, in a sandwich to replace pickles.