

Available Now...Asparagus

When tiny green asparagus tips start peeking through the ground, the spring produce season has officially started in Colorado. When buying asparagus, choose odorless stalks with dry, tight tips, and avoid limp or wilted stalks. Asparagus is fat free, sodium free, a good source of vitamin C, high in folate, and a good source of vitamin A. Look for Colorado asparagus at your local farmers' market or grocery store.

Farmers' markets will be opening across the state in May and June, but they may look a little different this year. Some markets are implementing online ordering platforms to allow for ordering ahead and curbside pickup. Find a list of markets and tips on what to expect this season at www.coloradoproud.org.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Simple Grilled Asparagus

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC and Ace Hardware Grill Expert

- 1 Bunch (about 12oz.) Fresh Asparagus
- 2 Tbsp. Olive Oil
- Seasoning Blend, to taste
- 2 Tbsp. Honey
- 1 Lemon, cut into wedges

Rinse and air dry asparagus and trim off woody ends. Place into a mixing bowl or aluminum disposable pan then lightly coat with oil and season to taste with seasoning blend. Mix well to ensure asparagus are fully coated with the seasoning and oil and let sit for 10-15 minutes. Heat grill to 550-600°F. Add the grilling pan and heat for 5 minutes before adding the asparagus. Lightly toss the asparagus again to coat once more then place the asparagus onto perforated grill pan in a shallow



layer and close the lid. (Chef's tip: don't over fill the grill pan or they will steam instead of grill.) Cook for 3 minutes and turn/toss the asparagus once to get more grill flavor on all sides, then cook for another 3 minutes. Open the lid and lightly baste with melted honey and allow to glaze for 1 minute. Remove pan using a towel and tongs. Finish with squeeze of fresh lemon. Goes great with smoked kabobs, steaks, chicken or pork chops.

Enjoy with a glass of Colorado wine such as NSFW White from Carlson Vineyards in Palisade, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Visit www.coloradoproud.org for a complete list of recipes.