Asparagus stars in spring vegetable roundup

Spring has sprung early this year and so have my cravings for fresh veggies and salads. That is why the monthly "Spotlight" for May on our webpage www.thomas.ksu. edu is Spring Salad Recipes. Go check out the recipes for Seven-Layer Salad Made Over, Shrimp and Pea Salad, Primavera Pasta Toss, Bacon Spinach Salad and Farmer's Market Pasta Salad.

On the veggie side, one of the first spring veggies that comes to mind is asparagus.

What should you look for when selecting asparagus? Look for firm, fresh, spears with closed, compact tips and uniform diameter, so that all spears will cook in the same amount of time. Larger diameter spears are more tender. Avoid limp or wilted stalks.

Asparagus should be stored in the refrigerator in a moisture-proof



Diann Gerstner

 Knowledge for Life

wrapping. To maintain freshness, you can wrap a moist paper towel around the stem ends, or stand up-Use within two or three days for

running water. Bend the cut end of where is snaps off easily; break or so off the cut end with a knife. You can leave the spears whole or cut diagonally into tionally wise choice. 1-inch lengths.

Asparagus is a nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C and thiamin. It has no fat. contains no cholesterol

and is low in sodium. Asparagus is low in calories, only 20 calories right in two inches of cold water. per 5.3 oz. serving, less than 4 calories per spear.

Asparagus is the leading sup-Rinse spears well under cold plier among vegetables of folic acid. A 5.3 ounce serving provides each spear until you find a place 60 percent of the recommended daily allowance for folacin which off and discard the tough end. If is necessary for blood cell formathere doesn't seem to be a tough tion, growth and prevention of livportion, simply trim half an inch er disease. Its wealth of nutrients, fiber and low sodium and calorie content make asparagus a nutri-

There are many ways to prepare asparagus:

Saucepan or steamer: Cook fresh asparagus in a small amount of boiling water until tender. Fresh asparagus will be crisp-tender in five to eight minutes. **Stir-fry:** Cut spears diagonally

in 1/2 inch pieces, leaving tips whole. Stir-fry pieces in butter or hot oil in a skillet or wok at medium high heat. Stir constantly until tender-crisp, three to five minutes.

Microwave: Place one pound fresh asparagus in a microwavable baking dish or serving bowl. If cooking whole spears, arrange with tips in center. Add about 1/4

crowave at 100 percent power for utes. Another great way to prepare four to seven minutes for spears, three to five minutes for cuts and tips. Stir or turn halfway through cooking time.

Canned asparagus: Can be simply placed in a sauce pan and heated. To heat in the microwave, crosswise. Wrap one-half strip badrain all but one tablespoon of liquid, and microwave at 100 percent power for two to four minutes, on a cookie sheet with sides. Bake stirring once halfway through cooking time. Canned asparagus has a much softer texture than cooked. Serve warm or at room fresh asparagus.

A really fast and easy way to prepare asparagus is to sprinkle and consumer sciences agent for the asparagus with olive oil, gar- the Thomas County Extension oflic powder and mozzarella cheese, fice.

cup water and cover tightly. Mi- then bake at 400F for 10 to 15 minasparagus for an appetizer or as a side dish for supper is wrapped in bacon. It tastes great and is easy to prepare. Wash and trim one pound of asparagus spears. Cut eight to 10 strips of bacon in half con around each asparagus spear, leaving tip and end exposed. Lay in a preheated 400 degree oven for 20 to 25 minutes, or until bacon is temperature. Enjoy!

Diann Gerstner is the family

On the Beat

COLBY POLICE Thursday

4:50 a.m. – Several 911 calls of a fight. Report filed for battery. 5:19 a.m. - Helped Sheriff's Office with accident.

5:42 a.m. – Caller reported his vehicle missing. Report filed; vehicle entered in National Crime Information Center.

10:09 a.m. - Provided tour at Law Enforcement Center for fifth R. Sharp. grade Career Day.

11:29 a.m. – Caller found missing pickup reported at 5:42 a.m. with items missing from vehicle.

2:02 p.m. – Caller reported hitchhiker in the 2100 block of U.S. 24. Deputy was on another

call. Not found.

5:44 p.m. – Caller reported juveniles fighting at Fike Park. Inderlied. Spoke with subjects.

8:28 p.m. – Caller reported hit and run accident at Sonic. THOMAS COUNTY SHERIFF

Thursday Midnight – Released James K.

Lovvorn. 12:15 a.m. – Booked Shanelle

12:18 a.m. – Released Dylon M. nects. Child on phone.

12:25 a.m. – Released Sharp. 1:30 a.m. - Booked Cesar J. Thomas Mead.

rested on warrant, by Goodland phy.

Police Department.

4:03 a.m. – Booked Jeremy A.

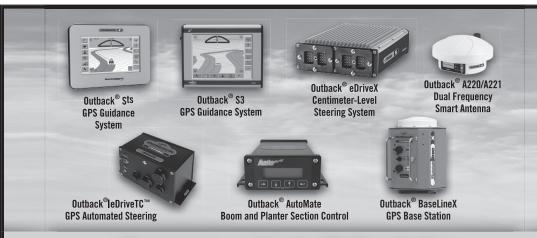
4:21 a.m. - Released Inderlied. 5:19 a.m. – Numerous 911 calls of a bull hauler rollover at milepost 60 on westbound I-70. Turned

over to Highway Patrol. 5:33 a.m. – Booked James Ross

5:34 a.m. – Released Harris. 10:57 a.m. - Two 911 discon-

1:08 p.m. - Insufficient funds checks report filed on Gregory

1:10 p.m. – Insufficient funds 3:47 a.m. - Lucas T. Ruth ar- checks report filed on Laura Mur-



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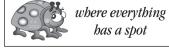
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