

JUNE IS ONTARIO STRAWBERRY FEST MONTH

Get ready to celebrate
Ontario strawberry season in Toronto!

Sweet, juicy local strawberries will be showcased
during a month-long series of festivities

Strawberry Socials
Strawberry Pancake Breakfasts
Strawberry Farm Tours
Chef/Strawberry Grower Partnerships
and much more...

Check out the Strawberry Fest page on Edible
Toronto's website beginning April 30th for more
information

www.edibletoronto.com



COOKING ASPARAGUS

There's nothing quite like the taste of fresh, local asparagus that has been cooked with the most minimal of fuss.

To prepare asparagus, wash the stalks thoroughly in two or three changes of water to get rid of any sand or dirt. Snap off the bottom ends and discard (or keep for making vegetable stock).

My favourite cooking method is to simmer the asparagus in an uncovered skillet or sauté pan half-filled with boiling, salted water until slightly droopy but not limp, about 5 to 8 minutes, depending on the thickness of the stalks. If you're not planning to serve it immediately, shock, or refresh, the cooked asparagus by plunging it into a large bowl of ice water for 2 minutes. Remove and drain. Shocking vegetables completely stops the cooking process and ensures they retain their vivid colours.

To steam asparagus, use a covered asparagus steamer or steamer basket and cook for 7 to 10 minutes.

Asparagus can also be roasted in a 425°F oven. Toss the stalks with some extra virgin olive oil and a sprinkling of salt and pepper and place in a single layer on a baking sheet that has been lined with parchment paper. Again, depending on the thickness of the asparagus, total roasting time is from 5 to 10 minutes.

—Gail Gordon Oliver

