

As the chilly weather thaws, we can feel the growing season begin to shift in the Northeast. This guide will help you use the emerging bounty of spring as we move forward into local produce season.



SPRING FRUITS & VEGETABLES



ARTICHOKES

While they can be a little labor intensive, the work is worth the wait. These delicious thistles are fantastic steamed and served with drawn butter, or as a base for savory dips.



ASPARAGUS

Asparagus is one of the most exciting signs of spring in New England. These flavorful spears are perfect for sauteeing, grilling and steaming. Not to mention they're incredibly healthy.



BLUEBERRIES

This delicious berry is great for preserves, pies, muffins or just eating by the handful. Blueberries start to make their way up the East Coast from Georgia to Maine in the late spring.



FRESH HERBS

Rosemary, thyme, basil, dill and sage are popular aromatic herbs used to add flavor to your favorite dish. If you find yourself with more than you can use, freeze or dry the extras for later.



GARLIC SCAPES

Garlic scapes are the stalks of the garlic plant. They have a mild flavor and are excellent enjoyed raw, sauteed or grilled. Try them as a base for pesto or toss them into pasta or omelettes.



LETTUCE

Nothing beats biting into a forkful of fresh-from-the-field greens. The tender, mild and vaguely nutty flavor elevates any salad and adds great texture to sandwiches.



PLUMS AND PLUOTS

Part of the stone fruit family, plums are fragrant, sweet and juicy when ripe. Pluots are a delicious hybrid of plums and apricots, taking on mostly plum heritage in flavor and aesthetic.



SCALLIONS

Scallions have a sweet, mild onion flavor and can be enjoyed both raw and cooked. Both the white bulb and green stems can be chopped and added to your favorite savory recipe.



SPROUTS

Local sprouts have a bright, refreshing flavor and make a fantastic, crunchy addition to your favorite dishes. Add them raw to finish stir-fries, sandwiches or salads for a mild, fresh bite.



STRAWBERRIES

This sweet, seasonal favorite ripens in spring, and makes wonderful jam, a topping for French toast and the basis for the New England classic: old-fashioned strawberry shortcake.

SPRING RECIPES

ASPARAGUS, SPINACH AND FETA QUICHE



Ingredients

1/2 tablespoon olive oil
8 asparagus spears, ends removed and cut into 1-inch pieces
4 cups fresh baby spinach
5 large eggs
1 cup milk
3/4 cup crumbled feta cheese
1/4 cup shredded mozzarella cheese
Salt and pepper, to taste
4 green onions, chopped (optional)
1 9-inch pie crust

Preheat the oven to 375°. Line a 9-inch pie plate with pie dough and stick it in the freezer while you prepare the other quiche ingredients.

In a large skillet, heat olive oil over medium heat. Add the asparagus spears and spinach. Cook until asparagus spears are slightly tender and spinach is wilted. Transfer spinach to a collander. Press firmly with the back of a spoon to squeeze out as much liquid as possible. Set aside.

In a large bowl, whisk together eggs and milk. Stir in the feta and mozzarella cheese. Season with salt and pepper to taste.

Remove pie crust from freezer. Place asparagus pieces, spinach and green onions on the bottom of the crust. Pour the egg and cheese mixture over the vegetables and into the crust. Bake the quiche for 45 minutes or until quiche is set and slightly golden brown. Let quiche stand for 15 minutes before serving.

PARSNIP SOUP WITH PEARS, GINGER AND COCONUT



Ingredients

1 medium-large onion
1 1/2- 1 3/4 lb parsnips
2 medium pears
1 inch piece of root ginger
3 tbsp olive oil
1 (13.5 oz) can coconut milk
Salt & pepper to taste

Peel and dice the onion. Peel the parsnips and cut into chunky pieces. Peel & core the pears and cut into chunks. Peel the root ginger and chop coarsely.

Heat the olive oil in a large saucepan and sauté the chopped onion for 2-3 minutes. Add the parsnips and ginger and cook for a further 5-6 minutes, stirring occasionally, until just starting to colour.

Add the pears to the pan, together with the coconut milk and one cup of water. Stir well, bring to a gentle simmer, and cook on a low heat for around 30 minutes.

Remove from the heat, and blend the soup to a smooth consistency. You may need to add a little more water if the soup is very thick.

Season with salt and pepper to taste, and serve.

TOP SNACKS

EQUAL EXCHANGE ORGANIC PINEAPPLE & CASHEW BAR



This wholesome, delicious snack bar is made from cashews, dates and dried apricot, with no added sugar or preservatives. Also comes in mango and pineapple flavors. \$2.25 each.

HONCHOS TORTILLA CHIPS



Certified organic and gluten-free and perfect for afternoon snacking, these delicious tortilla chips come in two flavors: ranch and peach habanero. Made by Connecticut company Deep River Snacks. \$1.25 per 1.5 oz bag.

CASCADIAN FARM ORGANIC GRANOLA BARS



These chewy granola bars come in three flavors: Harvest Berry, Oatmeal Raisin, and Chocolate Chip. They have just enough sweetness to allow the wholesome ingredients to take center stage. No artificial flavors or preservatives. \$4.99 per 6-pack box.

ORGANIC VALLEY MOZZARELLA STRINGLES



A fun and tasty snack for people on the go. Beloved by kids and adults alike, Organic Valley Mozzarella Stringles are a good source of calcium and protein, and are, as always, certified organic. \$.99 each or \$5.25 per 5-pack.

LESSER EVIL ORGANIC POPCORN - CLASSIC CHEDDAH



Lesser Evil's ready-to-eat popcorn is a quick and easy snack with a conscience. Made with organic corn, Himalayan salt and organic cheese, this 100 calorie bag is ideal for healthy snackers on the go. \$1.25 per .88 oz bag.

MEET YOUR FARMERS

RED FIRE FARM — Granby, MA



Red Fire Farm has been growing with certified organic practices since it started in 2001. The farm produces a wide variety of vegetables, flowers and fruit. The farm currently utilizes two pieces of farmland: one in Granby, MA and one in Montague, MA. The two properties allow more effective soil building and crop rotation than could be achieved on either piece individually.

DEEP ROOT ORGANIC CO-OP — Johnson, VT



Deep Root is a cooperative of almost 20 member farms in northern Vermont and southern Quebec. Their farms grow all manner of fruits and vegetables but due to their northerly location, they're best known for their coop namesake, root vegetables. We work with Deep Root to source mostly root crops, from potatoes to parsnips.