



LOCALLY GROWN

# LOCALLY GROWN ASPARAGUS



Asparagus spears should be snapped at their natural breaking or bending point. Discard the lower parts as they are too fibrous and woody to eat.

Asparagus can be sauteed, steamed, boiled, baked, and fried.

Spring ingredients such as morel mushrooms, green garlic, wild ramps, fennel, leeks, young lettuces, and citrus are most suitable pairings.

Other complimentary ingredients include olive oil, aged cheese, bacon, sausage, lamb, prosciutto, cream, eggs, butter, shallots, and fresh herbs.

Asparagus works well with yeasty breads, like sourdough and wheat, and grains such as arborio rice, quinoa and farro.



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