

MAY

Seasonal Market Guide



Asparagus

Asparagus officinalis

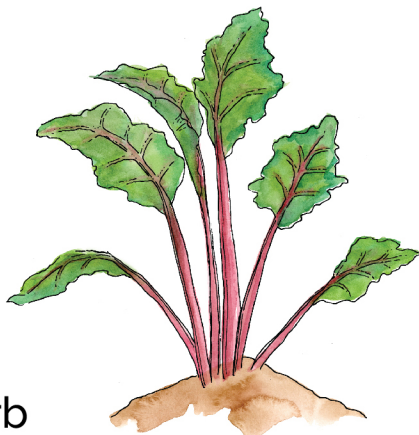
Its season is short and sweet so add it to everything! Goes great with every kind of main dish, but for an interesting pairing try fresh rosemary. When cooked together, the rosemary flavor brings out a piney, fragrant, wild side to the asparagus.



Strawberry

Fragaria x ananassa

The Lenape word for this fruit translated to "heart-berry" and is the only fruit in the entire world that grows its seeds on the outside; average berry has 200 seeds



Rhubarb

Rheum rhabarbarum

A perennial plant, like asparagus; most rhubarb plantings are productive for ten years. Rhubarb recipes typically have a lot of sugar to balance out the sourness, but don't be pressured to add all that sugar; embrace the natural tartness.



Arugula, Chard, Kale

E. vesicaria, B. vulgaris, B. oleracea

We've waited all winter long for the return of fresh, leafy greens. One of the most nutritious foods sold at the market, toss with spring carrots, radish and baby turnips for a quick healthy side salad.



Garlic Scapes

Allium sativum

Described as the tender stem and flower of the hardneck garlic plant but it's not as tender as you might think. Harvesting the scape does not harm the plant; in fact if not harvested, the garlic will expend too much energy growing the stalk and flower resulting in small and flavorless garlic cloves later in the year.



Plant Starts

Farmers who grow lots of veggies usually bring plant starts to the market at this time of year. We encourage everyone to try to grow their own ingredients; you might not need as much sun as you think.