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COMMENT

Can't wait for the Farmers' Market season

By Lori Gysel & Gerry Kentner
whatscooking@theifp.ca



What's Cookin'

I can't wait for Farmer's Market season—the first Downtown Georgetown Farmers' Market is June 6 this year. Not long to go now. I will be your market chef again this year. I will be there once a month, cooking up something tasty with the seasonal delights available at the market and the Downtown Georgetown shops, so plan to stop by and visit me. I'm not sure where I'll be this year, but come look for me, I'll be waiting with snacks for you!

All I can think of are fresh fruits and veggies and what comes first. As I write this column, it is actually April 22 and sad to say, it's snowing right now. Yes, I checked, it is actually snow. But it's not staying on the ground. So, little hard to tell with weather like this exactly when our first veggies will be out, but usually chives, wild leeks, asparagus and fiddleheads are some of the first of the season we can look forward to. The wild

leeks and fiddleheads are both with us for only a short time, so if you normally miss them, make it a mission to find some this year. The wild leeks you won't find in the store, you'll have to find a friend that has some in their yard and ask them to share (unless possibly they are available at some early season markets in the city or maybe the St. Lawrence Market?). The flavour is so vibrant and green. Don't miss it.

And fiddleheads— I've had them frozen—but they aren't the same. Catch them when they're fresh, again, only in the stores for a few weeks at most. Make them into soup or sauté them up with butter and salt, pepper. Or, sauté with a drizzle of sesame oil, soy sauce and lime juice— delicious!

Have fun and keep cooking— see you at the Market!

Asparagus and Gruyere Tart

Cuts into six slices

INGREDIENTS

- 25 spears asparagus (approximately)
- 1 roll President's Choice Butter Puff Pastry (thawed in fridge overnight)
- 2 tbsp Dijon mustard
- 1 cup grated gruyere cheese
- Coarse salt and freshly ground black pepper

METHOD

1. Wash and snap ends from asparagus. Blanch for approximately two minutes in boiling water— until just barely cooked. Remove from boiling water and immediately refresh in ice water. When cold, drain and lay

on towels to dry.

2. Unroll the puff pastry. Spread with the Dijon mustard. Spread the grated cheese on top. Lay asparagus spears in opposing directions, tightly together to fill entire surface of tart. Sprinkle a small amount of salt and some pepper on top.

3. Bake in a pre-heated 375 F. degree oven for approximately 20 minutes or until pastry is golden, cheese is melted and starting to lightly brown around the edges.

4. Allow to cool for a few minutes before serving.



ITEMS NEEDED MOST THIS MONTH

- Diapers (size 6) • Pull Ups
- Shampoo & Conditioner • Canned Fruit & Juice
- Canned Meat & Pasta • Instant Coffee • Sugar • Salt



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