

Grilled Asparagus Salad

Prep Time: 10 min.

Cook Time: 3 min.

Ready in: 13 min.

Ingredients

- 1/4 cup olive oil
- 1/8 cup lemon juice
- 12 fresh asparagus spears
- 6 cups fresh spinach leaves
- 1/8 cup grated Parmesan cheese
- 1 tablespoon seasoned slivered almonds

Directions

1. Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.
2. Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.
3. In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite size pieces, and add to the salad along with the lemon juice and oil from the plate. Toss to blend, then serve.

BENEDICT'S HOME & GARDEN

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Guide to Growing Asparagus



BENEDICT'S
HOME & GARDEN

Brands you trust. People who know.



We carry two varieties of asparagus roots: Jersey Supreme and Purple Passion.

Jersey Supreme:

The newest release from the Jersey asparagus breeding program, Supreme has very high yield potential as demonstrated by trial results. The spear size is more uniform than the other Jersey hybrids. Supreme is quite early, cold tolerant and is adapted to temperate, warm and cool climates. This hybrid is best adapted to light to medium sandy soils. Supreme has demonstrated very good rust resistance and selected for its tolerance to Fusarium.

Purple Passion:

Purple Passion is a unique asparagus variety especially suited to the asparagus enthusiast, whether home gardener or commercial grower. Its special, attractive purple color, flavor and tenderness distinguish this variety from others.

Planting instructions:

Turn over the soil a foot or more deep. Mix in large amounts of compost, peat moss, or other organic material and five pounds of any 5-10-10 fertilizer per 100 square feet. Asparagus do well in almost any soil from sandy to moderately heavy. Good drainage is important. In spring, dig trenches 8 inches deep and 4 to 5 feet apart. Plant the crowns of the plants 18 inches apart in the row. Place each plant on a rounded mound of soil; spread roots out carefully in a horizontal position. Cover the roots with a few inches of soil. As the new shoots come up, gradually fill in the trench. Water well when the top growth is developing; the soil around the roots should not be allowed to become dry.



Remember that asparagus will not be harvested the first season. However, they do winter extremely well (if winter injury is noted, a light mulch of coarse manure can be helpful) and given proper care, plants can produce for 10 to 15 years.

Only a light harvest should be taken the second season, cutting for only 2 to 3 weeks out of the year. Harvest spears with tight tips by snapping the 7-9" stalks near the ground. Once established, pick all the spears produced as allowing them to fern out gives the asparagus beetles a home to lay their eggs.



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