# Michigan asparagus — an all-edible delight

# Season's now at its height

Most asparagus buffs probably don't know or even care that the an-clent Greeks used the word "aspar-agus" to refer to all tender shoots picked and savored while very

picked and savored while very young.

All that matters to asparagus lovers is that the fresh season in Michigan is upon us, a six-week stretch where they con't get enough of the "aristocrat of vegetables."

To most consumers, a typical asparagus stalk picked out in a supermarket ranges from sown to 10 inches in length — that's where the Crook's are which Left muniched, eer.

market ranges from sorton ker the inches in length - that's where the Greeks are right. Left unpicked, eer-lain strains of asparagus eam grow from six to 10 feet high.

The asparagus season is a true sign of spring in Michigan, which ranks third in the nation in asparagus production with an average annual crop of over 20 million pounds.

A unique feature of Michigan and the strain of the str

MICHIGAN'S ASPARAGUS sea-MICHIGAN'S ASPARAGUS sea-son generally runs from the begin-ning of May through mid-June, when residents of Oceana County, dubbed the nation's Asparagus Capital, ecte-ture in the Capital Capital Capital Capital Capital Capital Capital Capital Lary Lary Capital Capital Capital Capital Capital Lary Lary Capital Capital Capital Capital Capital Lary Capital Capital Capital Capital Capital Capital Capital Lary Capital Capit

### ORIENTAL BEEF AND ASPARAGUS

lbs. round steak, 14-inch thick

3/2 cup soy sauce
3/2 cup soy sauce
1/2 tsp. sugar
3/2 tsp. sugar
3/2 tsp. sherry or water
2 lbs. fresh asparagus,
cut into 1-inch pieces
4/2 cup vegetable oil
8 oz. fresh mushrooms, slieed,

Remove fat from meat. Cutting access grain, silece meat into thin 2 inch strips. Meat may be semi-free and strips. Meat may be semi-free and strips. Meat may be semi-free and strips. Meat may strip and the semi-free and strips. Meat the strip and the semi-free and strips. Meat the semi-free and strips. Meat the semi-free and strips and strips. Meat the semi-free and strips and strips. Meat the semi-free and strips will be semi-free and strips. Meat the semi-free and strips will be semi-free and strips. Meat the semi-free and strips will be semi-free and strips. Meat the semi-free and strips will be semi-free and strips. Meat the semi-free and strips will be semi-free and strips. Meat the semi-free and st Remove fat from meat. Cutting

#### ASPARAGUS WITH TANGY SAUCE

1½ lbs. fresh asparagus spears ½ cup dairy sour cream ¼ cup mayonnaise 2 tsp. lemon juice 1 tsp. prepared mustard

Cook asparagus in bolling water until tender, drain. Place in serving dish. While cooking asparagus, combine remaining ingredients in small saucepan. Heat over low heat, stirring frequently, until thoroughly heated. Pour over hot asparagus or serve as a sauce in a dish. Makes 6 servings.

#### MARINATED ASPARAGUS SALAD

2 cups cooked asparagus pieces 1 small red onion, thinly sliced 1 small red onion, thinly 1 or 2 tomatoes, chopper Salt and pepper to taste Italian salad dressing

enough salad dressing to moister well. Stir gently. Cover and refri-gerate overnight. Stir again before serving. Makes about 6 servings.

GOLDEN ASPARAGUS SUPREME

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cut in pieces
4 or. cream cheese, cut in pieces
4 or. cream cheese, cut in pieces
5 toup butter or margarine
3 Tisp, all-purpose flour
94 tsp, sall
136 cups milk
Combine cracker Grumbs and the
2 tablespoons butter; set aside. Cook
fresh asparagus in boiling water 4
minutes or until crisp-tender; drain,
Arrange, Sangaragus in builtered it. interest of the control of the contr servings.

#### ASPARAGUS SOUR CREAM DIP

% lb. fresh asparagus, cut into 1-inch pieces: it into 1-inch pieces\* cup dairy sour cream tsp. grated onions % tsp. garlie salt ¼ tsp. seasoning salt

Cook asparagus in small amount of boiling water until tender. Drain and cool. Purce asparagus in blend-er. Combine asparagus with remain-ing ingredients. Chill thoroughly. Serve as a dip with fresh vegetables or crackers. Makes 125 cups.

The pulse of your community The pulse of your community The pulse of

## A dilly of an appetizer

Make-ahead appetizers are always and lemon julce a popular choice with busy cooks. I tsp. dry mustard Dilly Salmon Appetizer Is a tasty 50 to 1 tsp. dill weed hors d'ocuvre that can-be made in 18 tsp. bottled but pepper sauce parsley advance of a party.

DILLY SALMON APPETIZER

can (7!5 or 7% oz.) l énvelope unflavored gelatin a cup chicken broth % cup chicken broth 15 cup mayonnalse or plain yogurt 14 cup each finely minced celery and finely shredded fresh spinach 2 Thsp. cach finely chopped green onlons, chopped parsiey

assorted crackers or fresh vegeta-bles Drain salmon, reserving liquid; flake. Soften gelatin in reserved salmon liquid, silr in chicken broth; heat to dissolve gelatin completely. Silr in remaining ingredients; pour into 3-cup mold. Chill until set. Garnish with parsley and serve with crackers. Makes about 12 appetizer servings.

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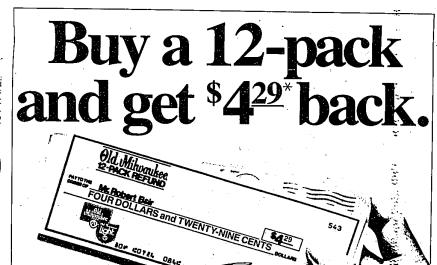
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