



E-NEWSLETTER

PO Box 6575—Ithaca, NY 14851—

ckoken@ithacamarkt.com

ASPARAGUS 101

Shopping for asparagus: The skin of asparagus is a medium green with purple highlights. The cut ends are white or light colored. Spears with large, white-woody stalks and only a few inches of green at the tips were harvested late and will be tough. Moist cut ends indicate the spears have been recently harvested. Pass up asparagus if the ends look split or dry. The white, woody bottoms of asparagus should be less than 15 percent of the total length of the spear. Look for firm, plump, round spears. The tips of asparagus should be tight and compact. Do not buy asparagus that has wet, slimy, or smelly tips. Shop with your ears when buying asparagus. If you give the bunch a squeeze and it squeaks, it is fresh. Also its spears should snap easily when bent.

Storing: Asparagus will keep 2 to 3 days if refrigerated. Storing asparagus upright in water prolongs its life but, it's important to change the ice or water several times a day. To pamper asparagus for a special dinner party, cut an inch off the bottoms, wrap the ends with wet paper towels, place the spears in a plastic bag, and store them in the vegetable crisper of your refrigerator.

Preparing: If a bundle of asparagus includes both thick and thin spears, separate them by size. Fat spears are best eaten whole. Cut thin spears on the diagonal for a sauté or stir-fry. Use a vegetable peeler or paring knife to remove the tough outer flesh on the lower part of fat spears. Peeling makes for faster cooking and a smoother, more elegant taste.

###

THURSDAY EVENINGMARKET

DeWitt Park

STARTS JUNE 9TH FROM
4PM TO 7PM

**Pick up a bit to eat at the
market and stroll over to the
Commons for the Downtown
Ithaca Summer Concert Series**

Thursday evenings from 6-8pm from June 16th to
September 1st, 2011.



**ITHACA FARMERS' MARKET
COOKBOOK**

Order on line at:

<http://www.ithacamarket.com>



**AMERICA'S FAVORITE
FARMERS MARKET
CONTEST STARTS
JUNE 1, 2011**

**CAST YOUR VOTE
TODAY
AT**

http://action.farmland.org/site/PageServer?pagename=best_local_farmers_market_vote

UNITED STATES FARM BILL

In the United States, the **farm bill** is the primary **agricultural and food policy tool** of the **federal government**. The comprehensive **omnibus bill** is passed every 5 years or so by the United States Congress and deals with both agriculture and all other affairs under the purview of the **United States Department of Agriculture**.

It usually amends some and suspends provisions of permanent law, reauthorizes, amends, or repeals provisions of preceding temporary agricultural acts, and puts forth new policy provisions for a limited time into the future. Beginning in 1973, farm bills have included titles on commodity programs, trade, rural development, farm credit, conservation, agricultural research, food and nutrition programs, marketing, etc.

Farm bills can be highly controversial and can impact **international trade**, **environmental preservation**, **food safety**, and the well-being of **rural communities**. The **agricultural subsidy** programs mandated by the farm bills are the subject of intense debate both within the U.S. and internationally.

The current farm bill, known as the **Food, Conservation, and Energy Act of 2008**, replaces **the last farm bill** which expired in September 2007.

Here is a great link to understanding the 2012 Farm Bill

<http://simplegoodandtasty.com>