

# Roasted Rhubarb and Asparagus Pasta

Used with permission from: [Washington Post](#)



## INGREDIENTS

- 1 box Farfalle (bowtie) pasta
- 1 cup **spinach** leaves, washed
- 4 **rhubarb** stalks, cut into 1/2 inch pieces
- 2 cups **asparagus**, rinsed and cut into 1 inch pieces
- 3 **wild leeks** a.k.a **ramps**, rinsed (remove spindly roots and roughly chop entire leek)
- 1 small handful of **basil leaves**, rinsed
- 4 tbsp olive oil (more as req'd)
- 1/2 tsp sea salt (sub. kosher or table salt)
- 1 tsp crushed red pepper flakes

## DIRECTIONS

1. Preheat oven to 375 degrees.
2. Boil a pot of water and cook pasta according to package directions.
3. Wash and coarsely chop spinach. Place in colander and set in the sink.
4. Trim rhubarb ends and cut stalks into 1/2 inch pieces. Snap tough ends from asparagus and cut into 1 inch pieces. Chop wild leeks. Combine in large bowl and add 2 tbsp olive oil, and red pepper flakes. Toss to coat.
5. Pour mixture onto baking sheet and roast for 8-10 minutes. Transfer to large serving dish/bowl.
6. Drain pasta into colander, pouring cooking water over spinach. Transfer pasta/spinach to serving dish.
7. Stack and roll basil leaves. Cut into ribbons, and add to serving dish.
8. Gently toss the whole mixture, add more olive oil, salt/pepper or crushed pepper flakes if desired.
9. Serve warm or at room temp.

### Ramp it up!

Try roasted leeks: heat oven to 375. Coat ramps with olive oil, salt and pepper. Cook on baking sheet for approximately 15 min. Enjoy!

HFFA's Farm to School Programs include Education Workshops in addition to Local Food Club. Over the past couple months we have been busy running these classroom and community workshops across Headwaters. One of the things we talk about with students is that we can eat different parts of plants; including, roots, stems, leaves, fruit, flowers, and seeds. Students are challenged to think of examples for each plant part. It's fun to see the surprised look on children's faces when told "YES, you do eat ALL these different plant parts!" Then we explore examples of each. Two spring crops that are popular in Southern Ontario are rhubarb and asparagus - both the stems of the plant. Eating stems results in less food waste as we eat the entire thing without peeling or de-seeding. The wild leeks in your bag offer you roots, stems and leaves all in one!

# Seasonal Eating at it's Best...



This month's recipe really takes advantage of the spring harvest, pulling many things together in one meal. If you have ordered from LFC before, you may not be surprised at this unique food combination. This year we've tried mac n' cheese with squash, sweet potato tacos, and apples on pizza (find past recipes on our website). Trust us, rhubarb with asparagus taste great together. The original recipe called for garlic, but Headwaters garlic isn't ready to harvest so you have wild leeks instead. While researching this month's recipe, we discovered that wild leeks are an excellent garlic substitute. Then came the challenge of sourcing wild leeks... and crossing fingers (or pleading with mother nature) to make sure they will be ready for that one specific day when we gather all ingredients and pack them up to send to your home. Lucky for us, **Hidden Meadows** likes to forage for **wild leeks!** In the past we have provided Canadian produced pasta for pasta recipes, but this month we wanted to focus on sourcing as many of the required fresh ingredients as possible from Headwaters, really utilizing the spring bounty. The pasta is an "add-in" ingredient, along with kitchen staples like, olive oil and salt. **Rhubarb** and **asparagus** comes from **Lennox Farm**. The **Fiddle Foot basil plant** will keep on giving, just pinch off leaves as needed. **Spinach** comes from **Am Braigh**, and **Amanda's Country Bakery** has baked up a nice loaf of **focaccia** to pair with your meal. Thank you **Shine Baking Co.** for providing **bread** for the GF crowd.

## Get the Kids in the Kitchen!

As your children are chopping rhubarb and asparagus into pieces, talk about other types of stems we may eat. Think: celery or broccoli stems. Can your child name other plant parts we eat? Some examples are: roots (potatoes, carrots, beets), leaves (spinach, lettuce), fruit (apples, cucumber), flowers (broccoli, cauliflower), or seeds (corn, peas, pumpkin seeds). How many different plant parts are in this recipe?

## Food for Thought

The **Headwaters Farm Fresh Map** is a listing of where to find local farms, markets and retailers of locally grown, raised or produced items in the Headwaters Region. Preparations are in full swing for the 2019 edition, a joint project of HFFA and In The Hills. Watch for the guide in your June issue of **In The Hills** magazine.

## Nutrition Report

A+

**Asparagus** is an excellent source of vitamin A and C, which both boost your body's germ fighting power. **Wild leeks** (a.k.a ramps) are high in iron. **Rhubarb** is high in B-complex vitamins. **REMEMBER: only eat the rhubarb stems and never the leaves!**

## this month's food is from...

### Amanda's Country Bakery

[amandascountrybakery.ca](http://amandascountrybakery.ca)

### Lennox Farm

[lennoxfarm.ca](http://lennoxfarm.ca)

### Hidden Meadows Farm

[Hidden Meadows on Facebook](#)

### Shine Baking Co.

[shinebakingco.com](http://shinebakingco.com)

### Fiddle Foot Farm

[fiddlefootfarm.com](http://fiddlefootfarm.com)

### Am Braigh Farm

[ambraighfarm.com](http://ambraighfarm.com)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



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