

Balsamic Asparagus Pizza & Strawberry Poppyseed Salad

Inspired and adapted from [My Recipes](#)



Asparagus Pizza

Pizza crust made as per package

- we recommend rolling out 2 smaller pizzas

2 tbsp of olive oil, divided

1 lb of **asparagus**, ends trimmed and chopped in rough thirds

2 small red onions (or 1 large), sliced into 1-inch pieces

½ pound of **mushrooms**, washed, stems removed and quartered

1 red pepper (optional) sliced

1 cup of marina sauce, or more

2 cups of shredded mozzarella cheese

1 cup shredded gouda or fontina cheese

¼ cup **basil leaves**

Balsamic Glaze

2 tbsp of olive oil

2 tbsp of balsamic vinegar

1 tsp crushed red pepper flakes

¼ teaspoon salt

Salad Ingredients

Lettuce Mix

Strawberries

Tomatoes

Poppy Seed Dressing

Feta Cheese (optional)

1. Preheat oven to 450°F.
2. Place onions and mushrooms on a cooking sheet and drizzle and combine with olive oil. Bake for 10 minutes.
3. Add the asparagus, and optional red peppers, to the baking sheet and bake for another 10 minutes. Let the veggies cool.
4. Reduce oven heat to 350°F (or check out "From the LFC Test Kitchen" on the reverse page).
5. Rollout your pizza dough into 2 smaller pizzas. We recommend a thinner crust (1/8 inch thick). Transfer to an oiled pizza pan or cookie sheet.
6. Brush your dough with 1 tbsp of olive oil and top with marinara sauce. Add the veggies and cheese and bake for 30-35 minutes.
7. Combine the balsamic glaze ingredients, and drizzle in lines over the pizza. Top with fresh basil leaves and enjoy!



**Take a picture & share
#localfoodclub**

1. Wash your veggies and strawberries well.
2. Place your lettuce mix in a bowl, and add your tomato, strawberries, and feta cheese (optional) in whatever quantities your family likes best.
3. Top with poppy seed dressing and enjoy!

#localfoodclub

Welcome to the June Local Food Club! Before we delve into the details of this LFC pack we have some important messaging to share. In the spirit of solidarity, we are proud to recognize, honour and support the Indigenous community that hold this land and all it produces with dignity and respect. We are grateful for the awareness to do better as an organization and to amplify kindness and love in our community.

We further would like to share our support of the 2SLGBTQ+ community, during PRIDE, and all-year-round.

June is also a great time of year to begin diving into our local growing season! **Amanda's Country Bakery** and **Shine Baking Co** provided the pizza dough kit that the family will surely enjoy making. **Lennox Farm** provided the Ontario-favourite-veggie, asparagus. **Fresh and Tasty Mushrooms** helped with the pizza flavour by supplying some delicious mushrooms. **Albion Hills Community Farm** helped us top the pizza off with their fresh basil! One of the best sides to a pizza, is a Headwaters region salad. **Fiddle Foot Farm** has kicked off their growing season, and supplied us with a lettuce mix for the salad base. We were very excited to be able to capitalize on the late-June growing season this year and have **Besley Country Market's** tomatoes and **Jenala Farms'** strawberries for the salad flavour! This June LFC pack sure has allowed us all to enjoy the unique foods our Headwaters region has to offer!

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

A great way to try new foods, and introduce new foods to kids, is to include it in some well-known and well-loved family recipes. Pizza is a great example. There are many familiar and trusted ingredients already there.

Remember to be considerate without catering when dealing with picky eaters or new foods. Considerate is having other items included at the meal you know they will enjoy; without catering by making them their own special meal. For more information on this topic visit [Ellyn Satter Institute](#).

From the LFC Test Kitchen

Make sure the crust is fully cooked before removing it from the oven. We found 2 smaller thinner pizzas worked best and cooking at 400°F for half the time worked great too.

Want a crispier crust? We removed it from a cookie sheet and placed the pizzas directly on the oven rack for the last 5-10 minutes of baking.

Mysterious Smell

Do you have the "asparagus pee" smell? About 40-50% of people say they can smell a certain... odour... to their urine after eating asparagus. Despite all the research done on this, scientists still don't know if certain people can break down the asparagus better and therefore not have the smelly pee; or if some people just don't have the genes to smell it!

this month's local food is from...

Amanda's Country Bakery
amandascountrybakery.ca

Fiddle Foot Farm
fiddlefootfarm.com

Albion Hills Community Farm
albionhillscommunityfarm.org

Shine Baking Co
facebook.com/shinebakingco/

Jenala Farms
jenalafarms.com

Fresh and Tasty Mushrooms
freshandtastymushrooms.com

Lennox Farm
lennoxfarm.ca

Besley Country Market
www.besleycountrymarket.ca

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

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hffa.ca/farmtoschool

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