



3 years before the 1st bite

Each season, I explore and am intrigued by what my local climate can perennially provide, and each year, I add an edible perennial plant to my little food forest and nibble garden (one I started 25 years ago with a single raspberry plant). Being mindful and in alignment with what nature decides (and what's possible in growing zone 5b), I carefully consider what I want, and sometimes how long I'm willing to wait (knowing it's not up to me). 4 years ago I planted a honey berry (we'll explore this sweet native creature another time), and 3 years ago, I added asparagus, knowing well, that each year, as her sprigs sprung, a teaser of what's to come, I would need to leave her to fern, to establish the richness in her roots, to get to know her, give her the time and space she needs to feel into her soil and sun, before I could take that 1st bite, and truly integrate her nourishment. This was the year. That 1st warm sweet bite was WORTH the wait (although not without difficulty).

How Nutritious is it?

Although not native to the US, it grows so beautifully well here, for just a short time, in the spring. And being one of the most nutritious and healing veggies, I hope you find ways to get her into your spring routine. Places in our body she nourishes? Ancient Epicurean Greeks and Romans revered the spears as medicine for the heart (both biologically and as an aphrodisiac). And what research today can tell us, is that she's good for both. A few other standouts? Gut bacteria (responsible for much of your mood and immune strength) love this plant, she's been shown to decrease cancer risk, and if you love a good view, she supports eye health in a powerful way. Eating spears raw in salads is lovely, and a (very) gentle cooking seems to elevate the minerals and beneficial compounds to another level. And if you're wondering about the side effect, like an aroma when you pee, don't worry about it, unless you're in there with friends. And, it's possible they don't smell it. Research has shown some people lack the olfactory genetic coding to detect the smell (in case you were wondering).

Where to Focus

Asparagus traditionally is in a supporting role, and since I feel she deserves center stage, I've attached a separate recipe for this glorious, Mediterranean polenta with foresty mushrooms and asparagus. Some flavors might feel odd, but trust me. Main ingredient for preparing? Patience. Result? WORTH the wait...

In your life; What can we learn from our sweet mother - Nature was my 1st, and continues to be my greatest teacher. No expectation, no rushing, no suffering, no anger. Everything in time (hers, not mine).

Local Growing Season

Weekly Nibble #43

Week of May 20th, 2025



Klaudia



MyTulsi
tune-in.

To learn more about coaching visit www.mytulsinutrition.com

Klaudia Burian is a Functional & Integrative Nutrition Health Coach in Huntley, IL. Copyright 2025

