



June 2026

A Taste of Spring & Tips to Enjoy Idaho's Early Harvest

By Elmore County Health Coalition Nutrition Subcommittee

Seasonal fruits and vegetables are harvested at (or near) their natural peak, offering several benefits:

- Taste: picked closer to peak ripeness.
- Nutrition: fresher produce can retain more nutrients.
- Value: abundant supply can mean lower prices.
- Local impact: supports regional farms and reduces travel distance.

Asparagus is one of Idaho's first spring vegetables

- Peaking from mid-April to mid-June. It's low in calories and a good source of fiber, folate, and vitamins A, C, and K.
- Asparagus is found at grocery stores, farmers' markets, and farm stands across Idaho.
- In Elmore County, you can visit the Mountain Home Farmers Market (MoHo Market) which runs Saturdays, 8 a.m.–1 p.m. (May–October), at Railroad Park.

To keep more nutrients, try steaming, roasting, sauteing, or grilling asparagus instead of boiling. These methods help preserve vitamin C and folate, which can be lost when vegetables are cooked in large amounts of water.

Asparagus Basics

- Choose: closed tips; firm, bright-green stalks (thickness is preference).
- Store: same day or refrigerate for up to 5 days (trim ends and cover in a damp towel and bag or stand in 1 inch of water).

Roasted Asparagus

Serves: 4 | Prep Time: 5 minutes | Cook Time: 12–15 minutes

Ingredients

- 1 lb. asparagus, before trimming
- 1–2 Tbsp. olive or avocado oil
- Salt and pepper, to taste
- Garlic powder
- Fresh lemon juice



Directions

- Line asparagus stalks up and slice off the woody ends.
- Spread asparagus in a single layer on a sheet pan. Drizzle with oil and season with salt, pepper, and optional garlic powder. Toss gently to coat.
- Roast at 400°F for 12–15 minutes, until asparagus is bright green and crisp-tender.
- Squeeze fresh lemon juice over asparagus before serving.

Tip: Avoid overcrowding the pan—space helps asparagus roast instead of steam.

Want other recipes or to learn more about seasonal produce?

Visit these online resources for seasonal recipes, guides and videos.

- Idaho State Department of Agriculture <https://idahopreferred.com/recipes/>
- Idaho Food Works: <https://www.idahofoodworks.org/> (not sure if active??)
- US Department of Agriculture (USDA):
<https://snaped.fns.usda.gov/resources/nutrition-education-nl-produce-guide>



If you are looking for other Elmore County specific food programming, scan the QR code here and check under the Resources tab, or reach out to us at echc@cdh.idaho.gov or 208-327-8547 to learn more.