

As the days grow longer and the earth awakens, there's no better time to enjoy vibrant, nutrient-rich foods that inspire creativity in the kitchen. Here are some recipes you can make this spring using seasonal produce.

Recipe 1: Fresh Asparagus & Pea Salad with Mint

A light, refreshing salad that's perfect for spring lunches or a vibrant side dish.

Ingredients:

- 1 bunch asparagus, trimmed and cut into bite-sized pieces
- 1 cup fresh peas (or thawed frozen peas)
- A handful of fresh mint leaves, roughly chopped
- 1 small red radish, thinly sliced
- 1/4 cup toasted almonds or walnuts
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste

Instructions:

1. Blanch the Veggies: Bring a pot of water to a boil and add the asparagus pieces. Blanch for 2–3 minutes until tender-crisp. Remove and immediately plunge into ice water to stop cooking.

2. Assemble the Salad: In a large bowl, combine the blanched asparagus, fresh peas, radish slices, and mint.

3. Dress & Serve: Drizzle with lemon juice and olive oil. Season with salt and pepper, then toss gently. Top with toasted nuts for crunch and serve chilled.

Recipe 2: Creamy Vegan Asparagus Soup

A warm, comforting bowl of soup that perfectly captures the flavors of spring.

Ingredients:

- 1 lb asparagus, cut into 1-inch pieces (reserve some tips for garnish)

- 1 medium potato, peeled and diced
- 1 small onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1/2 cup coconut milk (or any plant-based milk of your choice)
- Salt and pepper, to taste
- A squeeze of lemon juice
- Fresh dill or parsley for garnish

Instructions:

1. Sauté Aromatics: In a large pot, lightly sauté the chopped onion and garlic until translucent.

2. Cook Vegetables: Add the potato and asparagus pieces to the pot, then pour in the vegetable broth. Bring to a boil and let simmer for about 15–20 minutes until the vegetables are tender.

3. Blend: Use an immersion blender (or transfer to a blender in batches) to purée the soup until smooth. Stir in the coconut milk and season with salt, pepper, and a squeeze of lemon juice.

4. Garnish & Serve: Ladle the soup into bowls, garnish with the reserved asparagus tips and fresh herbs, and enjoy a warm taste of spring.

Recipe 3: Vegan Strawberry-Rhubarb Crisp

A delightful dessert that balances sweet strawberries with the tartness of rhubarb, topped with a crunchy oat crumble.

Ingredients:

- 2 cups chopped strawberries
- 2 cups chopped rhubarb
- 1/4 cup maple syrup (adjust sweetness to taste)
- Zest and juice of 1 lemon

- 1/2 cup rolled oats
- 1/3 cup whole wheat flour (or almond flour for a gluten-free version)
- 1/4 cup coconut oil, melted
- 1/4 cup chopped nuts (optional)
- 1/2 teaspoon cinnamon

Instructions:

1.Prepare the Filling: In a bowl, gently toss the strawberries and rhubarb with maple syrup, lemon zest, and juice. Transfer the mixture to a baking dish.

2.Make the Crumble: In another bowl, combine oats, flour, melted coconut oil, chopped nuts, and cinnamon until well mixed.

3.Bake: Sprinkle the crumble evenly over the fruit. Bake in a preheated oven at 375°F (190°C) for 25–30 minutes, until the topping is golden and the fruit is bubbly.

4.Serve: Enjoy warm on its own or with a scoop of vegan ice cream.

Stay fresh, stay vibrant, and happy cooking!