



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### HERBED EMMER BERRIES WITH MUSHROOM AND ASPARAGUS

Recipe by Natural Gourmet Institute

SERVES 6-8

**Ingredients:**

1 gallon water  
1 teaspoon sea salt  
2 sprigs fresh rosemary\*  
1 cup whole grain farro\*

2 tablespoons extra virgin olive oil  
2 large shallots\*, peeled and diced  
1 garlic clove\*, minced

3 sprigs fresh thyme\*, minced  
8 ounces wild mushrooms\*, chopped (cremini, shiitake, morel, oyster)  
1 bunch asparagus\*, cut into 1-inch pieces  
¼ teaspoon sea salt  
Pinch black pepper  
1-2 tablespoons dry white wine  
1 ounce parsley\*, leaves chopped

**Directions:**

1. Combine water, sea salt, and rosemary in a large pot. Bring to a boil.
2. Meanwhile, in a large skillet, toast emmer berries until warm and nutty, about 7 minutes. Add berries to boiling water. Cook at a rapid boil for 20-30 minutes, until grain is tender. Drain and let cool, discarding cooking water and rosemary sprig.
3. Heat olive oil in the skillet. Add shallots and cook until tender and lightly caramelized. Stir in garlic and thyme.
4. Add mushrooms, asparagus, and sea salt; sauté over medium heat until golden, about 7-10 minutes.
5. Add black pepper and enough white wine to deglaze pan, using a wooden spoon to rub any browned bits off pan's surface.
6. Add berries and sauté until hot, stirring often. Garnish with parsley and serve.

**Make It A Meal:** Serve with roasted chicken or mustard-glazed tempeh.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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