

Sponsored By:

Home » [Entertaining](#) » [The Spring Pantry](#)



Summer

- The Summer Pantry
- The Inside Scoop on Farmer's Markets
- Summer Food Safety

Party Ideas

- Berry Berry Nice
- Cool Treats
- Afternoon Tea

Tips

- Pie Crust Tips
- Going to the Plate: Food Presentation Tips
- Creating a Tasting Menu at Home

Food Unwrapped

Saturated Fats

Saturated fats are mostly found in animal products such as meat and butter, and certain oils...

[Read more](#)

Foodtv.ca Newsletter



This month you could win a copy of David Rocco's *Dolce Vita* CD.

More on Foodtv.ca



I Do...Let's Eat!

Wedding planning wouldn't be complete without the food!



RELATED LINKS

- [The Fall Pantry](#)
- [The Winter Pantry](#)

## The Spring Pantry

By Jessica McLaughlin

[PRINT THIS](#)

The snow is melting, the sun is shining and flowers are starting to bloom. Your dusty pantry can probably use cleaning out! It's time for fresh ingredients and a new outlook on food.

### Fresh Fare – Fruit

- Apricots
- Grapes
- Pineapple
- Strawberries (early)

### Fresh Fare – Veggies

- Artichokes
- Asparagus
- Bamboo shoot
- Brussels sprouts
- Fava beans
- Mangoes
- Morel mushrooms
- Oyster mushrooms
- Rhubarb
- Scallion
- Spinach
- Sugar snap peas

Ready to put some of these fresh Spring ingredients on your family's menu? Try them today:

- [Roast Leg of Lam with Apricots](#)
- [Red and Green Grape Foccacia](#)
- [Pineapple Ginger Sundae](#)
- [Strawberry Rhubarb Parfait](#)
- [Herb Baked Artichokes](#)
- [Asparagus Gruyere Tart](#)
- [Japanese Bamboo Shoots with Sansho Leaf Sauce](#)
- [Snap Pea and Brussels Sprout Saute](#)
- [Ravioli of Smashed Fava Beans, Mint and Ricotta](#)
- [Hot GINGERED Mango](#)
- [Wild Mushroom and Crostini Salad with a Hot Sherry-Mustard Vinaigrette](#)
- [Mandarin Scallion Pancakes](#)
- [Sautéed Spinach](#)

