

■ Your Farm to People Meal Plan

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Total estimated servings: 2

■ Ingredient Storage Guide

Ingredient	Storage Tips
Asparagus	Store upright in water like flowers, cover tops with plastic bag. Use within 3-4 days.
Butter	Refrigerate in original wrapper. Can freeze for 6-9 months.
Lemon	Store at room temperature for 1 week or refrigerate for up to 1 month.
Salmon Fillet	Store in coldest part of refrigerator. Use within 1-2 days or freeze immediately.

■ Your Meal Recipes

1. *Final Test Grilled Salmon*

Serves: 2 people

Ingredients:

- Salmon Fillet
- Asparagus

Optional Level-ups:

- Lemon Butter (+5 min) - uses: Lemon, Butter

Instructions:

1. Prep and Heat

Heat skillet until water droplets dance on surface.

Time: 3-4 minutes

Temperature: 375°F

Look for: Oil shimmers, no smoke

■ *Hot surface creates golden crust*

■■ *If smoking, reduce heat*

Mise en Place (Prep):

- **Salmon Fillet:** Pat completely dry (None needed) - *Remove any pin bones*

■ **Make Ahead:**

Season 30 minutes early

■■ **Plating:**

Warm plates, lemon at 2 o'clock

■ Pantry Staples Needed

- salt
- pepper