

Farm



Fresh

December 2002

Available Now...

Greenhouse Tomatoes

Colorado has the largest acreage of greenhouse-grown vegetables in the United States. More than 100 acres of tomatoes are grown in Colorado greenhouses, which ranks the state first in the nation.

High-quality tomatoes should have bright, shiny skins and firm flesh. Avoid tomatoes that are soft or mushy, are lacking in color, or have blemishes or growth cracks.

Tomatoes are saturated fat free, high in vitamins A and C, very low in sodium and a good source of potassium.

Look for fresh Colorado tomatoes at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

Roasted Corn and Tomato Quesadillas

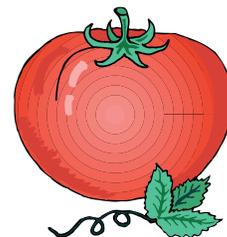
Colorado Chef Dan Skay, Parkview Medical Center, Pueblo

- 1/2 cup Onion, diced
- 1/2 cup Green bell pepper, diced
- 3 cups Tomatoes, diced
- 3 cups Roasted corn on the cob
- 1 Jalapeno, minced
- Shredded queso blanco or Monterey Jack cheese

Roast corn on the cob until tender. Cut the corn from the cob and place in a container with the diced onion, pepper and fresh tomatoes. Season a clean hot griddle and butter or vegetable spray a 10-inch tortilla. Place the corn mixture evenly on top of the tortilla. Cover with shredded cheese. Place another tortilla atop the cheese and butter or vegetable spray the outside of the tortilla. When the bottom tortilla begins to turn golden, turn over being careful not to lose the flavorful filling inside. When the bottom tortilla turns golden, remove, cut into triangles and serve with some fresh Salsa de la Casa.

Salsa de la Casa

- 1 tsp. Garlic, minced
- 1/2 cup Onion, diced
- 3 cups Tomatoes, diced
- 1/2 cup Poblano chile, chopped
- 1 Jalapeno, minced
- 2 tbsp. Cilantro, chopped
- Juice from 1 lime
- Salt and pepper to taste



Mix all ingredients in stainless steel bowl.

Enjoy with a Colorado wine, such as a glass of Harvest Gold from Augustina's Winery, located in Boulder, Colorado.

Next Month... Onions