

Available Now...

Peaches

Warm summer days and cool nights help create the sweet and juicy peaches Coloradans crave. The state produced 26 million pounds of peaches in 2007.

Select peaches that are slightly soft to the touch, are free of bruises and have a fragrant smell. Peaches are fat free, sodium free and a good source of Vitamin C.



Look for fresh Colorado peaches at your local grocery store, farmers' market or on the menu at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Peach and Cucumber Salsa

Chef Jason K. Morse, C.E.C.

Valley Country Club, Aurora, Colorado

- 4 Cucumbers, diced 1/4"
- 6 Roma Tomatoes, diced 1/4"
- 1/2 Red Onion, diced 1/4"
- 2 Tbsp. Cilantro, chopped
- 6 Peaches, diced 1/4"
- 1 Yellow Pepper, diced 1/4"
- 1 14oz. can Black Beans, drained
- 1 Tbsp. Fresh Ginger, minced
- 1 Tbsp. Fresh Garlic, minced
- 1 Tbsp. Garlic Oil
- 4 Tbsp. White Sugar
- 3 Tbsp. White Wine
- 1/4 cup Sweet Chili Sauce
- 1/2 cup Chili Oil

Combine cucumbers, tomatoes, onion, cilantro, peaches, pepper and beans and set aside. Mix the remaining ingredients together and place in a stock pot then reduce by half. Add hot liquid to dry ingredients and mix well, then transfer to a shallow container to chill. Serve chilled over lamb or grilled fish.

Enjoy with a Colorado wine, such as a glass of Gewürztraminer from Stone Cottage Cellars, located in Paonia, Colorado.

Next Month... Apples