Farm Fresh

COLORADO PROUD™
Better for you. Better for Colorado.

October 2008

Available Now...

Pumpkins

Pumpkins aren't just for carving, they are tasty too! When selecting that festive gourd, choose clean, well-shaped pumpkins with no cracks in the rind. Also avoid pumpkins with soft spots or decay.

More than just a beautiful decoration, pumpkins are nutritious. They are fat free, sodium free, a good source of Vitamin C and high in Vitamin A.

Look for Colorado pumpkins at your local grocery store, farmers' market or at pumpkin patches 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.

Pumpkin Pie Cookies with
Cinnamon Cream Cheese Frosting

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.

2-1/2 cups All Purpose Flour
2-1/2 cups Whole Wheat Flour
1 Tbsp. & 1/2 tsp. Baking Powder
1 Tbsp. & 1/2 tsp. Baking Soda
3 Tbsp. Pumpkin Pie Spice
1/2 Tbsp. Kosher Salt
1 cup Butter, softened
1-1/2 cups Brown Sugar
1-1/2 cups White Sugar
2 cups Pumpkin Puree
2 Eggs
1 Tbsp. Vanilla Paste

Heat oven to 350 degrees. Combine flour, baking powder, baking soda, salt and pumpkin pie spice and set to side. In a mixing bowl, with paddle attachment, cream the butter and sugar until fully combined. Add the eggs, pumpkin and vanilla and beat until creamy. Mix in the dry ingredients. Using a scoop, drop dough onto sprayed parchment paper on cookie sheet. Bake for 15 to 20 minutes, top should be lightly browned and spring back upon touch. Frost after cookies have cooled.

Frosting:
8 oz. Cream Cheese
1/4 cup Powdered Sugar
2 Tbsp. Cinnamon, ground

Allow cream cheese to soften then mix in remaining ingredients until smooth and fluffy in texture. Refrigerate after use.

Enjoy with a Colorado wine, such as a glass of Lipizzan White Port from Graystone Vineyards, located in Clifton, Colorado.

Next Month. . . **Potatoes**