

Available Now...

Cherries

A welcome treat in mid-June, Colorado cherries are perfect for baking and cooking. Not only are they low in fat and sodium free, they are also a good source of fiber and Vitamin C.

In 2003 Colorado produced 600,000 pounds of tart cherries, valued at \$228,000.



Look for fresh Colorado cherries at your local grocery store, farmers' market or 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 throughout Colorado.

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

Colorado Cherry Cobbler

Chef Mike DeGiovanni, Libby Bortz Assisted Living Center, Littleton

2 lbs.	Cherries, pitted and chopped
1 cup	Sugar
2 tbsp.	Cornstarch
1 pinch & ½ tsp.	Salt
3 cups	Cake flour
1 tbsp.	Baking powder
8 oz.	Butter
2 cups	Powdered sugar
4	Large eggs
1½ tsp.	Vanilla extract
1 cup	Milk

Combine the pitted and chopped cherries with sugar in a medium sauce pan and allow to sit for 10 minutes until the juices from the cherries moisten the sugar. Add the cornstarch and a pinch of salt, and mix together completely. Bring to a boil over medium heat, stirring constantly. Lower the heat and simmer for one minute until the sauce becomes thick and translucent. Remove from the heat and allow to cool completely.

Sift together flour, baking powder, and ½ tsp. salt. Set aside.

Cut the butter into 1-inch pieces, and put into a large mixing bowl. Cream the butter with the powdered sugar until smooth and light in color. Add the eggs, one at a time until incorporated. Blend in the vanilla.

After reducing the speed of the mixer, add the dry ingredients, alternating with the milk.

Pour the cherry mixture for the cobbler into a 13x9 baking dish and top with the cobbler mix. Bake at 350 degrees for 30-35 minutes until done. Allow to cool before serving.

Next Month...

Lettuce