

Farm



Fresh

May 2006

Available Now...

Sunflower

Sunflower is produced in two varieties: oil and confection. Sunflower oil is valued for its light taste, frying performance and health benefits and sunflower seeds make a great snack.

Colorado ranks 4th nationally in sunflower production. In 2004, the state produced 146.7 million pounds of sunflower valued at \$18.4 million.



Look for Colorado sunflower seeds at your local grocery store, farmers' markets 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 in the state.

Visit

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

Easy Healthy Granola Bars

Chef Bob Holloway, CEC, Egglard's Best Eggs, Platteville, Colorado

- 1/2 cup □ Raw Colorado sunflower seeds
- 2 cups Old-fashioned rolled oats
- 1 cup Almonds, sliced
- 1/2 cup Wheat germ
- 1/2 cup Honey
- 1/4 cup Dark brown sugar, packed
- 1 oz. Unsalted butter, plus extra for pan
- 2 tsp. Vanilla extract
- 1/2 tsp. Kosher salt
- 6-1/2 oz. Chopped dried fruit, any combination of apricots, cherries or other favorites

Butter a 9 by 9-inch glass baking dish and set aside. Preheat oven to 350°F. Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally. In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved. Once the oat mixture is done, remove it from the oven and reduce the heat to 300°F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine. Put mixture into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week

Serve with yogurt and some fresh fruit for a great after school snack.

Next Month... Tomatoes