

Available Now...

Sweet Corn

Whether on the grill or on the stove, sweet corn is a delicious side dish or main meal. In Colorado, fresh sweet corn is available July through October.

It is Colorado's third leading vegetable crop. In 2000, 7,700 acres were harvested, and the value of the crop was more than \$12 million.

Sweet corn is low in fat, sodium free and is a good source of fiber and Vitamin C.

Look for fresh Colorado sweet corn at your retailer, local farmers' market or on the menu at restaurants.



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

Edamame Corn Burre Blanc

Chef Ron Pickarski, Eco-Cuisine, Boulder, Colorado

- ½ cup Whole kernel sweet corn
- ½ cup Frozen sweet soy beans*
- 1 cup Soy milk
- ½ cup White wine
- 2 tbsp. Vegetarian chicken broth powder (or meat based if non-vegetarian)
- ½ cup Canola oil (or butter if lacto vegetarian)

Place all ingredients in a sauce pan and bring to a simmer. Cook for 3 minutes. Pour into a blender with a towel over the lid and pulse. Blend until smooth. Return to sauce pan and bring to a simmer. If too thick and separating, add more wine. If too thin and separating, continue simmer until the sauce becomes smooth. Yield: 2 cups sauce

Use sauce to marinate and grill tofu. Serve on a bed of lightly steamed napa cabbage and glaze with Edamame burre blanc. Sprinkle lightly sauted corn and fine diced tomatoes on sauce.

Enjoy with a Colorado wine, such as a glass of Sauvignon Blanc from Rocky Hill Winery, located in Montrose, Colorado.

*available via natural foods stores

Next Month...

Peaches and Melons