

Farm



Fresh

January 2011

Available Now...

Millet

What's Millet? Millet is a grain that is most often used for bird seed; however, it is gaining in popularity in the food industry because it is gluten-free.

Colorado is the number one millet producing state in the nation, with approximately 200,000 acres planted producing more than 5 million bushels each year.

Learn more about this interesting grain online at coloradoagriculture.com/millet.

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.

Millet Trail Mix

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

- 1 Cup Pepita Seeds
- 2 Cups Millet
- 1 Cup Quick Oats, Rolled
- 1 Cup Salted Sunflower Seeds, seeds only, no shells
- 1/2 Cup Dried Cranberries
- 1/2 Cup Dried Cherries
- 1/2 Cup Agave
- 1/2 Cup White Chocolate Chips
- 1/2 Cup Dark Chocolate Chips

Preheat oven to 275 degrees. In a medium stainless steel bowl combine pepita, millet, oats and sunflower seeds. Roast at 275 degrees for approximately 40 minutes or until lightly golden. Remove from the oven and let stand for 10 minutes. Place the mixture in a bowl, add the cranberries, cherries and agave nectar and mix well. Prepare a cookie sheet by spraying with non-stick spray. Spread the mixture on the cookie sheet and roast at 425 degrees for approximately 12 minutes or until medium golden. Remove from the oven and allow to cool completely for one hour. Mix in the chocolate chips. Shelf life is two weeks if kept in sealed plastic bags in cool dry area.



Next Month... Honey