

# Farm



# Fresh

July 2009

## Available Now...

### *Beets*

Fresh beets are tender, flavorful and slightly sweet. Use as an addition to salads, entrees, appetizers and sides. The entire plant is edible from the tops to roots. Beets are a source of Vitamin A, Vitamin C, Folate and Fiber.



Look for fresh Colorado beets at your local 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](http://www.coloradoagriculture.com) for a complete list of recipes.

## Spring Beet Salad

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.  
ACF Colorado Chefs Association President*

- 2 ea. Beets, blanched and sliced
- 1 package Baby Spinach
- 2 ea. Shallots, peeled
- 1 pint Grape or Cherry Tomatoes
- 1 cup Pecans or Walnuts
- 1 cup Feta Cheese
- 1/2 cup Tomato Vinaigrette Dressing (recipe below)

Boil beets in water and apple juice (covered) until fork tender. Remove from heat, chill, peel and slice. Slice shallots and sauté with tomatoes until tender. Remove from heat and allow to cool. Arrange spinach in bowl, top with sautéed shallots and tomatoes then with beets, nuts and cheese. Add dressing to taste.

### **For Dressing:**

- 1 ea. Small Onion, peeled and chopped
- 1/2 fl. oz. Olive Oil
- Sea Salt to taste
- Black Ground Pepper to taste
- 1 14 oz. can Diced Tomato
- 1 tsp. Tarragon, dried
- 1 Egg Yolk
- 1/4 cup Champagne Vinegar
- 1 1/4 cup Olive Oil
- 1 1/4 cup Canola Oil

Heat a large sauté pan and add .5 fl. oz. of oil. Add the onions and sauté until golden then add the tomatoes, salt and pepper. Cook the mixture then chill. Pour the chilled mixture into a food processor then add tarragon, egg yolk, champagne vinegar and salt. Mix in the food processor until fully combined. Slowly add the oil and mix until fully emulsified. Adjust seasoning and refrigerate.

## *Next Month...* Chile Peppers