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Spinach Makes it Easy to be Green

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado spinach is featured in the **Green Monster Smoothie** recipe.

Available Now...Spinach

Spinach is a very hardy crop and can withstand temperatures as low as 20°F, giving this versatile leafy green a relatively long growing season in Colorado. Choose fresh, crisp, green bunches with no evidence of insect damage. Spinach is fat free, high in dietary fiber, vitamins A and C, iron and folate and a good source of magnesium. Look for Colorado spinach at your local grocery store, farmers' market or at restaurants across the state.

Green Monster Smoothie

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC

3/4 Cup Vanilla Almond Milk

1 Cup Baby Spinach

1/2 Cup Baby Kale

1/2 Cup Cubed Ice

1 Banana, peeled and cut into pieces

1 Scoop Protein Powder

4 Large Strawberries, stem removed, sliced into pieces

Place the ingredients in order into blender. Cover the blender pitcher and pulse to start the blending. Turn on high and blend until desired consistency. Pour into a tall glass and enjoy.

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

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