

Farm



Fresh

June 2003

Available Now...

Lettuce

Whether in your salad or on your burger, Colorado lettuce is a popular summer vegetable.

Colorado is ranked third nationally for production of lettuce, which totals 70 million pounds valued at \$8.4 million.

Good quality leaf lettuce should be fresh, crisp and well-colored. Avoid leaf lettuce with yellow leaves or with leaves showing cracked ribs.

Lettuce is fat free, very low in sodium and high in the antioxidant Vitamin A.



Look for Colorado lettuce at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature 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.

Belgian Endive Salad

Colorado Chef Jandee Camozzi, Cooseman's, Inc.

Salad

- 2 heads Belgian endive
- ½ cup Radicchio, loosely torn
- 4-6 cups Baby spinach
- 1 tbsp. Shallot, finely chopped
- ¼ cup Sour cherries, dried
- 1 Asian pear, peeled and sliced
- ½ cup Candied walnuts
- ¼ cup Gorgonzola or blue cheese

Dressing

- 2 tbsp. Raspberry vinegar
- 1 tbsp. Balsamic vinegar
- 4 tbsp. Extra virgin olive oil
- Sea salt
- Pepper

Peel 3 leaves for each salad of endive heads to garnish plates, set aside. Cut the Belgian endive crosswise into 1 inch pieces. Tear radicchio and add baby spinach and chopped shallots and cherries.

Whisk vinegars then slowly add olive oil in a metal bowl. Toss the salad with the dressing. Add salt and pepper to taste. Place 3 endive leaves on a plate so they appear at the top of the plate. Top with the salad. Then top with pear slices, walnuts and cheese. Serve immediately.

Enjoy with a Colorado wine, such as a glass of Cherry Wine from Carlson Vineyards, located in Palisade, Colorado.

Next Month... Apricots