

Available Now...

Broccoli

Good quality broccoli should have fresh-looking, light green stalks of consistent thickness. Bud clusters should be compact and dark green with some purple tinge.

Broccoli is low in fat and sodium, high in vitamin C and folate, and a good source of fiber, potassium and vitamin A.



Look for Colorado broccoli at your local grocery store, 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 for a complete list of recipes.

Broccoli Slaw

Chef Justin Barbour, ACF Colorado Chefs Association

Serves 4

2 heads broccoli
3 cups Bok Choy, shredded
1/2 cup Canned mandarin oranges (save juice)
1/2 cup Carrots, fine julienne
1/2 cup Bean sprouts
1/4 cup Radish, cut thin

For Dressing:

4 tbsp. Crème fraiche (recipe follows)
1 tbsp. Mandarin orange juice
1 tbsp. Grain mustard (Dijon, etc.)
3 tbsp. White wine vinegar
Salt and pepper to taste

In a large bowl combine the bok choy, mandarin oranges, carrots, bean sprouts and radish. Toss together.

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into florets and the stem into bite-size pieces.

In a separate bowl combine the crème fraiche, mandarin orange juice, mustard, vinegar, salt and pepper and whisk together. Add broccoli and dressing to the rest of the ingredients and gently toss together.

Crème Fraiche can either be bought at most stores or can be made at home by adding a small amount of sour cream to heavy cream, and allowing it to stand for several hours at room temperature.

Enjoy with a Colorado wine, such as a glass of Riesling from Whitewater Hill Vineyards, located in Grand Junction, Colorado.

Next Month...

Rocky Ford Melons