



# FarmFresh

## Recipes

March 2013

### Available Now...

#### Honey

There are 31,000 bee colonies in Colorado producing nearly 2 million pounds of honey every year.



#### Fun Facts

The approximately 60,000 bees in a beehive may collectively travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey.

*Fact courtesy of the National Honey Board.*



### Fresh Inspirations...

#### Champagne Honey Vinaigrette

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 3/4 Cup Champagne Vinegar      | 1 Cup Honey                       |
| 1/2 Cup Apple Vinegar          | 4 Tbsp. Brown Sugar               |
| 1 Cup White Grape Juice        | 1/2 Tsp. Chinese 5 Spice          |
| 1/4 Cup White Balsamic Vinegar | Sea Salt to Taste                 |
| 1/4 Cup Dijon Mustard          | Black Ground Pepper to Taste      |
| 1 Egg Yolk                     | 1-1/2 Cups Canola/Olive Oil Blend |
| 1 Tsp. Herbs De Provence       |                                   |

Add all ingredients except oil to a large mixing bowl. Using a handheld immersion blender, slowly incorporate the oil into the dressing. Dressing will store for one week if held in a tightly covered container. If dressing separates, re-emulsify using the immersion blender. Dressing goes well on tender spring greens.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Next Month... Colorado Eggs