

Farm



Fresh

February 2011

Available Now...

Honey

In 2009 Colorado's 28,000 bee colonies produced 1.5 million pounds of honey valued at more than \$2 million.

According to the National Honey Board, 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 one pound of honey.

Look for Colorado honey at your local grocery store, specialty stores 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 in the state.

Visit

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

Colorado Honey Smoothies

*Chef Jason K. Morse, C.E.C.
Valley Country Club, Aurora, Colo.*

- 1 Cup Lowfat Vanilla Yogurt
- 1/2 Cup Vanilla Soy Milk
- 1 ea. Banana, sliced
- 2 Tbsp. Colorado Honey
- Dash Cinnamon

Place all ingredients into a blender and blend until smooth. Enjoy Cold.



Next Month... Dairy Products