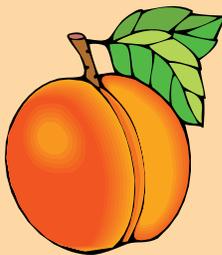


## Available Now...

### *Peaches*

Warm summer days and cool nights help create the juicy peaches Coloradans crave. Colorado produced 21 million pounds of peaches in 2003, which were valued at more than \$12 million.

Peaches are fat free, sodium free and a good source of Vitamin C.



Look for fresh Colorado peaches at your local grocery store, farmers' market or on the menu 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](http://www.coloradoagriculture.com) for  
a complete list of recipes.

## Colorado Peach Rice

*Recipe courtesy of Johnson & Wales University, Denver, Colorado*

- 6 Large ripe Colorado peaches, peeled, pitted, diced
- 2 oz. Salad oil
- 1½ cups Onion, peeled, diced
- 2 Bay leaves
- ½ tsp. Cardamom, ground
- 2 cups Brown rice
- 4 cups Water
- 1 cup Currants
- 2 tsp. Salt
- ½ tsp. White pepper, ground
- 1 cup Sliced almonds, toasted
- ¼ cup Mint, chopped fine

In a rondeau (a wide and low pot), heat the oil over medium heat. Sweat the onions in the oil until translucent.

Add the bay leaves, cardamom and rice, and stir with the onions until fragrant.

Add water, currants, salt and pepper, and bring to a boil. Cover tightly, lower the heat, and simmer for about 40 minutes, or until the rice is tender and the liquid is absorbed.

Fold in the almonds, peaches and mint. Allow mixture to stand covered for 5 minutes.

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

*Next Month...*

## Cucumbers