



# COLORADO CROP CALENDAR



MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
		APRICOTS			APPLES (STORAGE TO JUNE 1)	
ASPARAGUS			BEETS			
			BELL PEPPERS			
			BROCCOLI	CABBAGE		
				CANTALOUPE	CARROTS	
					CAULIFLOWER	
	CHERRIES			CELERY		
				CHILE PEPPERS		
				CUCUMBERS		
					EGGPLANT	
					GRAPES	
			GREEN BEANS			
				HERBS		
				HONEYDEW		
			LETTUCE (LEAF AND HEAD)			
					ONIONS (TO MARCH 15, STORAGE INCLUDED)	
				PEACHES		
				PEARS		
			PINTO BEANS (ALL YEAR)			
				PLUMS		
			POPCORN (ALL YEAR)			
			POTATOES (ALL YEAR)			
					PUMPKINS	
		RHUBARB		RASPBERRIES		
					SQUASH	
		STRAWBERRIES				
				SWEET CORN		
				TOMATOES		
					WATERMELON	



*Better For You.  
Better For Colorado.*

Provided by the Colorado Department of Agriculture, (303) 239-4114. Dates are approximate.



## What is Colorado Proud?

Colorado Proud was developed in 1999 by the Colorado Department of Agriculture to help Coloradans identify and purchase Colorado food and agricultural products.

## Why Local is Better.

Purchasing products grown or produced in Colorado keeps the state's economy strong and guarantees freshness.

Whether you're at the grocery store, a farmers' market or a restaurant, look for the mountain and sun Colorado Proud label and ask for Colorado products wherever you are.

## Colorado Proud.

**Better for you. Better for Colorado.**



## Colorado Potato Lasagna

*Courtesy of Colorado Potato Administrative Committee and the Colorado Farmers' Market Cookbook*

Most of Colorado's potato crop is grown in the San Luis Valley, a very fertile, high alpine basin in south-central Colorado. The valley is nestled between the majestic mountains of the Sangre de Cristo and the San Juan ranges. Local farmers began growing potatoes in the Valley in the late 19th century, making it one of the oldest potato growing areas in the country.

- |           |       |   |
|-----------|-------|---|
| 1 lb.     | ..... | Ground beef   |
| 1-1/2 cup | ..... | Chopped onion   |
| 1 cup     | ..... | Sliced mushrooms  |
| 1         | ..... | Large garlic clove, minced  |
| 2 cups    | ..... | Marinara sauce  |
| 2 tbs.    | ..... | Chopped parsley   |
| 6 cups    | ..... | Thinly sliced potatoes (about 4 medium potatoes), peeled if desired |
| 1/2 cup   | ..... | Grated mozzarella cheese  |
| 2 tbs.    | ..... | Grated Parmesan cheese  |



In a non-stick skillet over medium heat, brown the beef. Drain off any fat. Add the onions, mushrooms and garlic. Cook until the onions are tender and the mushrooms are golden. Stir in the marinara sauce and parsley; heat through.

Preheat the oven to 375°F. In a greased, 9 x 13-inch baking dish, arrange half the potato slices. Top with half the meat sauce. Top with the remaining potatoes and then the remaining meat sauce. Cover tightly with foil and bake for 50 to 60 minutes, until the potatoes are tender. Uncover, sprinkle with the cheeses and bake for 5 minutes more. Let stand for 5 minutes before serving.

## Peach Chiffon with Caramel

*Courtesy of Sunshine Hazel, 1999  
Palisade Peach Festival Grand Prize Winner*

Warm summer days and cool nights help create the juicy Colorado peaches many consumers crave. Nearly 20 million pounds of peaches are harvested each year from 520,000 trees located on the Western Slope.



- |             |       |                               |
|-------------|-------|-------------------------------|
| 1/2 cup     | ..... | Sugar                         |
| 1 cup       | ..... | Heavy cream                   |
| 1 cup       | ..... | Pureed peaches                |
| 3           | ..... | Medium to large diced peaches |
| 2-8 oz. pkg | ..... | Whipped topping               |
| 1/2 tsp.    | ..... | Cinnamon                      |
| 10-12       | ..... | Large peaches                 |
| Garnish     | ..... | Cinnamon sticks               |
| Garnish     | ..... | Fresh mint leaves             |



Hollow out large peaches. Cut peach centers into small pieces, set aside. Heat sugar in medium saucepan without stirring until dark amber in color. Very slowly add heavy cream, whisking constantly. Bring to a boil, stirring constantly and cook, continuing to stir, until sugar is dissolved. Pour into a heat-resistant bowl and refrigerate until cold. Fold pureed peaches and cinnamon into cooled caramel cream and blend well. Fold whipped topping into this mixture. Gently fold in cut-up peaches. Spoon mixture into hollow peaches. Garnish with cinnamon sticks and fresh mint (mixture can be served in dessert dishes or in a 9-inch baked pie shell or graham cracker crust).