



FarmFresh

Recipes

June 2014

Available Now... Strawberries

Fun Fact!

Strawberries are part of the rose family.



Tips & Nutrition

When selecting strawberries, choose shiny, firm berries with bright red color and green caps, and avoid soft or mushy berries. Strawberries are fat free, sodium free and high in vitamin C and folate.

Fresh Inspirations...

Colorado Strawberry Salsa

Ingredients

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|---|------------------------------|
| 4 Cups Strawberries, diced | 1 Lime, juiced |
| 4 Tbsp. Shallot, diced | 1/4 Cup Olive Oil |
| 2 Cups Grilled Pineapple, diced | Kosher Salt To Taste |
| 1/2 Jalapeno, seeded and diced | Black Smoked Pepper To Taste |
| 1/3 Orange Holland Pepper, seeded and diced | |
| 3 Tbsp. Fresh Cilantro, chopped leaves | |
| 1 Tsp. Fresh Garlic, minced | |

Directions

Place all ingredients into a large stainless steel mixing bowl and toss lightly to combine. Adjust seasoning with salt, pepper and lime juice as needed. Allow to rest for 30 minutes, covered, in the refrigerator. Toss lightly before serving. Goes great with Colorado Hybrid Striped Bass fish tacos.



Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

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 for a complete list of recipes.

Next Month... Colorado Broccoli