

# Farm



# Fresh

August 2005

## Available Now...

### *Sweet Corn*

Whether on the grill or on the stove, sweet corn is a delicious side dish or main meal. In Colorado, fresh sweet corn is available July through early October.

Sweet corn is Colorado's second largest vegetable crop in terms of value of production. In 2004, 9,300 acres were harvested, producing nearly 140 million pounds valued at \$16.3 million.

Sweet corn is low in fat, sodium free and is a good source of fiber and Vitamin C.

Look for fresh Colorado sweet corn at your local grocery store, farmers' market 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 throughout Colorado.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

## Fire Roasted Sweet Corn and Pancetta Spinach Salad with Crumbled Herbed Feta Goat Cheese

*Chef Bob Holloway, Morning Fresh Farms, Platteville, Colorado*

### To Prepare the Corn:

- 2 Ears Colorado Sweet Corn
- Drizzle of olive oil
- Salt
- Black pepper, freshly ground

### To Assemble the Salad:

- 1 tsp. Olive oil
- 6 oz. Pancetta or bacon, chopped
- 1 Egg, hard cooked and wedged
- 2 cups Onions, thinly sliced
- 2 tsp. Garlic, chopped
- ¼ cup Rice wine vinegar
- 6 cups Fresh baby spinach leaves, washed and patted dry
- 2 oz. Herbed feta goat cheese, crumbled

Preheat grill. Season corn with a drizzle of olive oil, salt and pepper. Place corn on the grill (you can also use either an open gas burner or roast the corn in the oven) Grill for 10 minutes, turning the corn every 2 minutes. Remove the corn from the grill. Scrape the kernels from the cob and set aside. In a sauté pan, heat the olive oil. Add the pancetta and render until crispy, about 6 minutes. Add the onions and season with salt and pepper. Continue to cook for 6 minutes, stirring occasionally. Add the corn to the pancetta and onion mixture. Continue to sauté for 1 minute. Stir in the garlic and vinegar. Continue to cook for 1 minute. Remove from the heat. Place the spinach in a large mixing bowl. Season with salt and pepper. Add the dressing to the bowl and toss the salad completely. To serve, mound the greens in the center of each plate. Arrange the egg wedges, crumble the cheese over the top of the salad and serve.

Enjoy with a Colorado wine, such as a glass of Crooked Creek Dry Riesling from Guy Drew Vineyards, located in Cortez, Colorado.

## *Next Month...* Apples