



# FarmFresh

## Recipes

August 2013

### Available Now...

#### Peaches

Warm summer days and cool nights help create the sweet and juicy peaches Coloradans crave. The state produced 24 million pounds of peaches in 2011.



#### Tips & Nutrition

Select peaches that are slightly soft to the touch are free of bruises and have a fragrant smell.

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



### Fresh Inspirations...

#### Grilled Peach Finadene Sauce

##### Ingredients

- 1/2 Cup Lemon Juice, fresh
- 1/2 Cup Rice Wine Vinegar
- 2/3 Cup Soy Sauce
- 1 Cup Yellow Onion, chopped
- 2 Stalks Green Onion, chopped
- 2 Roma Tomatoes, chopped
- 2 Habanero Peppers, chopped, with seeds
- 3 Peaches, peeled, pit removed, grilled and diced

##### Directions

For best flavor make sauce the night before. Mix all ingredients together and store in a glass jar in the refrigerator until you're ready to serve. Use as a condiment with your favorite pork dish, also goes great with rice.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

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

Next Month... **Colorado Peppers**