

# Farm



# Fresh

July 2008

## Available Now...

### *Sweet Corn*

Whether on the grill or on the stove, sweet corn is delicious as a side dish or main meal. Ranking sixth in the nation for sweet corn production, Colorado annually harvests more than 9,000 acres which produce over 130 million pounds of sweet corn.

Visit Olathe, Colo., on Saturday, August 2, 2008, for the annual Olathe Sweet Corn Festival. This one day event increases the population of this Western Slope town by 1,400%, and more than 70,000 ears of corn are consumed.

Sweet corn is low in fat and sodium 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.

### **Pasilla Corn Salsa**

*Chef Jason K. Morse, C.E.C.  
Valley Country Club, Aurora, Colorado*

- 2 Pasilla Pepper, stemmed
- 6 ears Sweet Corn, cooked, cut from cob and drained
- 12 leaves Cilantro, chopped
- 1/2 Small Red Onion, minced
- 2 cloves Garlic, minced
- Kosher Salt to taste
- Ground Black Pepper to taste
- 2-3 fl. oz. Balsamic Vinaigrette
- 2 fl. oz. Agave

Soak peppers in hot water for 30 minutes, remove seeds, then chop fine. Place all ingredients into a stainless steel mixing bowl and mix well. Serve over crab cakes or quesadillas.

Enjoy with a Colorado wine, such as a glass of Riesling from Two Rivers Winery, located in Grand Junction, Colorado.



## *Next Month...* **Peaches**