

## Available Now...

### *Cherries*

Cherries are Colorado's first fruit crop of the season, and they are perfect for baking and cooking.

Not only are they low in fat and sodium free, they also contain other important nutrients such as beta carotene, vitamin C, potassium, magnesium, iron, fiber and folate.

Select firm, red cherries with stems attached. Avoid those that are soft, shriveled or blemished.

Look for fresh Colorado cherries at your local 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.

## Rocky Mountain Cherry Jalapeno Jelly

*Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC*

- 1 ea. Red Bell Pepper, small dice
- 8 ea. Green Jalapeno, small dice, leave seeds in
- 8 ea. Red Jalapeno, small dice, leave seeds in
- 1 cup Colorado Cherries, chopped medium, no pits
- 3/4 cup Apple Cider Vinegar
- 2 cups Sugar
- 1 pinch Kosher Salt
- 2 tbsp. Powdered Pectin
- 1 tbsp. Olive Oil

Heat a small sauce pan, add oil and heat. Sauté the small diced peppers and jalapenos until just soft, add the cherries and sauté for two minutes to soften. Add the vinegar and bring to a rolling boil. Mix the pectin powder with the sugar in a separate bowl. Add the dry ingredients to the boiling mixture and return to a boil. Boil for one minute. Remove from the sauce pot and chill. Serve on fish tacos.

Enjoy with a Colorado wine, such as a glass of Cherry wine, from Carlson Vineyards, located in Palisade, Colorado.



*Next Month... Apricots*