

Farm



Fresh

August 2009

Available Now...

Chile Peppers

Colorado is known for producing a variety of chile peppers, and now is the time to enjoy them roasted or fresh!

Chile peppers should be smooth, shiny, well-colored and firm. Avoid peppers that appear shriveled or decayed.

Jalapeños are low in fat, sodium free and are a good source of Vitamins A and C.

Look for fresh and roasted Colorado chile peppers 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 for
a complete list of recipes.

Rocky Mountain Jalapeño Jelly

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.
ACF Colorado Chefs Association President*

- 1 Red Bell Pepper, diced small
- 8 Green Jalapeño Chiles, diced small with seeds in
- 8 Red Jalapeño Chiles, diced small with seeds in
- 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 and add oil, then sauté the pepper and jalapeños until just soft. Add the vinegar and bring to a rolling boil. In a separate bowl, mix the pectin powder with the sugar and salt. Add the dry ingredients to the boiling mixture and return to a boil. Boil for 1 minute, remove from the sauce pot and chill. Perfect on corn muffins, corn bread or corn pancakes.



Next Month... Pears