

Farm



Fresh

June 2010

Available Now...

Strawberries

When selecting strawberries, choose shiny, firm berries with bright red color and green caps, and avoid soft or mushy berries. Strawberries are fat free, sodium free and high in vitamin C and folate. **Fun Fact!** The average strawberry has 200 seeds, and it is the only fruit with seeds on the outside.

Look for Colorado strawberries at your local farmers' markets 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 in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Strawberry Banana Soy Smoothie

Chef Jason K. Morse, C.E.C.

Makes 4 Smoothies

- 1 Large Container Low Fat Vanilla Yogurt
- 1 Pint Strawberries, tops cut off and sliced
- 1 Cup Sliced Banana
- 1.5 Cups Vanilla Soy Milk
- 2 Tbsp. Agave Nectar
- 1/2 Tsp. Cinnamon

Place all ingredients into blender and pulse until well mixed. Serve in a chilled glass with sliced strawberry for garnish.

Next Month... **Broccoli**