

# Did you know...

scientists still don't know why peaches have a fuzzy skin, but many believe it's to deter insects and pests, keeping the fruit fresh and appealing!



In Colorado, most peaches are grown in

## PALISADE

a town in Western CO that is known for farm tours, mountain biking & FRESH PRODUCE!

# PEACHES

## Let's get cookin'!

## PEACH FROZEN YOGURT

### Ingredients

- 4 cups fresh Colorado peaches, frozen
- 3 TBSP honey
- 1/2 cup Greek yogurt
- 1 TBSP lemon juice

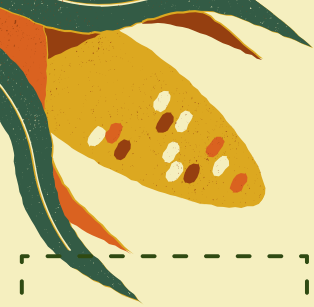
### Directions:

1. Slice peaches into sections. Store in airtight bag and freeze overnight.
2. Add all ingredients to a food processor or blender. Blend until creamy.
3. Serve immediately and add your favorite toppings such as chocolate chips, coconut, granola, etc., or store in the freezer in an airtight container.



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more. →





# Let's talk about COLORADO CORN!



## DID YOU KNOW...

AN EAR OF CORN  
USUALLY  
CONTAINS 800  
KERNELS

CORN IS ACTUALLY  
BOTH A GRAIN  
AND A FRUIT, NOT  
A VEGETABLE!

COLORADO PRODUCES SOME  
OF THE BEST SWEET CORN IN  
THE U.S. DUE TO THE  
**UNIQUE GROWING CLIMATE**  
WHICH MAKES THE CORN  
VERY SWEET!

## LET'S GET COOKIN'!



### *Mexican Street Corn Salad*



## INGREDIENTS

- 4 cups of fresh sweet corn, off the cob
- 1 TBSP olive oil
- 6 TBSP of mayo or Greek yogurt
- Juice of 1 lime
- 1 clove of garlic, minced
- 1/2 tsp chili powder, 1/4 tsp smoked paprika, 1 jalapeno, seeded and finely diced
- 1/2 cup of cotija cheese
- 1/4 cup cilantro, chopped
- salt and pepper to taste

## DIRECTIONS:

1. Char corn in a skillet or on the grill.
2. In a large bowl, whisk together the mayo, Greek yogurt, lime juice, garlic, chili powder, smoked paprika, salt, and pepper. Stir in jalapeno, corn, cotija cheese, and cilantro.
3. Refrigerate until chilled.
4. Optional – garnish with smoked paprika to serve.



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more. →



# Crazy for Cucumbers!

To grow cucumbers in Colorado, the elevation needs to be below

**5,500 ft!**

They're typically grown in Southeast Colorado.

The term “cool as a cucumber” is due to the fact that cucumbers can cool the temperature of your blood!



*Did you know*

## LET'S GET COOKIN'!

### INGREDIENTS:

- 1 medium to large cucumber
- 1/2 cup room temp water
- 1/2 cup Rice Vinegar
- 1 1/2 TBSP maple syrup or sugar
- 1 1/2 tsp salt
- 1 1/2 tsp of freshly ground black pepper
- 2 leafy sprigs of fresh dill, roughly chopped (about 1/4 cup)
- 2 cloves garlic, peeled and smashed

### HOMEMADE PICKLES!

### DIRECTIONS:

1. Slice your cucumbers to create spears. Set aside.
2. In a bowl, combine the water, vinegar, maple syrup, salt, and black pepper. Stir and set aside.
3. Place the cucumbers into a wide-mouth jar, tall enough to offer at least one inch of extra space on top.
4. Top the cucumbers with the dill and garlic. Pour all of the liquid over the cucumbers so they're fully submerged. Cover and refrigerate for at least 3 hours.



**DOUBLE UP  
FOOD BUCKS  
COLORADO**



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more.



CRUNCHY, CRISPY, COLORADO



# CARROTS!

Let's get cookin'!

## Carrot Fries!

### INGREDIENTS:

- 3 large carrots, peeled, and cut into equally sized quarter-inch thick strips
- 1 1/2 TBSP olive oil
- 1 tsp dried thyme
- 2 cloves garlic, minced
- 2 TBSP Parmesan, grated
- Salt and pepper

### DIRECTIONS:

1. Preheat the oven to 425 degrees F.
2. Arrange the carrot strips on a baking sheet. Coat the tops of each strip with the olive oil. Sprinkle the thyme and garlic over the fries. Season with salt and pepper.
3. Cook the fries about 10-12 minutes. Sprinkle the fries with Parmesan.
4. Serve hot and enjoy!



## NUTRITION ALERT

Carrots are one of the richest sources of **Vitamin A** on the planet! (this keeps your eyes super strong!)

*Did you know...*

**The Rocky Mountains are actually a great place to grow carrots! With warm days and cool nights, more natural sugars are produced leading to sweeter, tastier carrots!**



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more.







## Did you know...

potatoes are actually still alive when you purchase them?

**gasp**

Don't worry! It doesn't have any impact on your body, but if you put a potato in the ground after purchasing, it might grow!

## Roasted Balsamic Potatoes

### Ingredients:

- 2 lbs small potatoes, cut into wedges
- 2 TBSP olive oil
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 1/4 cup balsamic vinegar
- salt and pepper

### Directions:

1. Preheat oven to 425 degrees F.
2. Toss potatoes in oil and seasonings.
3. Roast 25 minutes, stirring halfway.
4. Drizzle with vinegar; roast until potatoes are tender, 5-10 minutes.



In Colorado, most potatoes are **grown in the San Luis Valley** the largest alpine valley on Earth!



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more.





# Colorado QUINOA

## Nutrition Alert!

Quinoa is one of the most powerful sources of **plant protein** on the planet

*Did you know...*

quinoa is actually more environmentally friendly than wheat and rice because it uses significantly less water!



## Black Bean Quinoa Chili

### Ingredients

- 1 medium yellow onion
- 3 cloves garlic
- 2 TBSP olive oil
- 1/3 cup dry quinoa
- 1 cup water
- 3 15 oz cans black beans
- 2 28 oz cans diced tomatoes
- 6 oz tomato paste
- 1 1/2 cups frozen corn
- 1 TBSP yellow mustard
- 1 TBSP Worcestershire sauce
- 2 TBSPs each chili powder & oregano
- 1 TBSP each garlic powder & cumin
- 1 1/2 tsp kosher salt
- 1 tsp smoked paprika

### Directions

1. Dice the onion. Mince the garlic.
2. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onions and garlic and sauté for 5 to 7 minutes, until tender.
3. Add all other ingredients except for the smoked paprika. Simmer for 25 minutes, then stir in the smoked paprika.
4. Serve immediately with toppings of your choice.




If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more. →



# COOL BEANS!

## *In Colorado...*

Pinto Beans are the most popular type of bean grown in the state! Dove Creek, Colorado is considered the Pinto Bean Capital of the world!



Beans are the only plants that help give back to the soil by producing nitrogen!

*Did you know...*



Beans are rich in fiber which is essential for gut health!

## **PINTO BEAN NACHOS**

### *Ingredients*

- 1 large bag of tortilla chips
- 1 TBSP olive oil
- 2 tsp ground cumin
- 1 tsp chili powder
- 2 garlic cloves, minced
- 2 15 oz cans pinto beans, undrained
- 1 cup (4 oz) crumbled queso fresco
- 1 cup bottled salsa
- 1 cup diced peeled avocado
- 6 TBSP chopped fresh cilantro

### *Directions*

1. Heat oil in a medium saucepan over medium-high heat. Add cumin, chili powder, and garlic; cook for 30 seconds, stirring constantly.
2. Add pinto beans, and bring to a boil, stirring frequently. Reduce heat to medium, simmer 10 minutes.
3. Partially mash bean mixture with a potato masher until slightly thick.
4. Place chips on plates. Spoon bean mixture evenly over tortilla chips on each plate; top each serving with queso fresco, salsa, and avocado. Sprinkle each serving with 1 tablespoon cilantro.

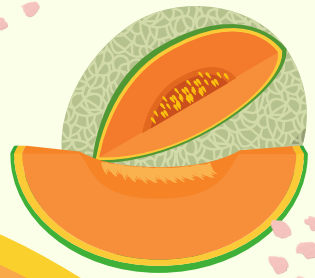


If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more.

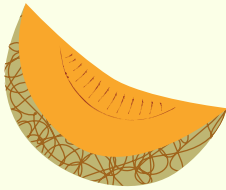




IN COLORADO, ALMOST ALL MELONS  
ARE GROWN IN THE ARKANSAS  
RIVER VALLEY!



*Melons are full of water and  
nutrients, making them an  
awesome healthy snack!*



Melon Melon Melon Melon

## Summer Tomato Cantaloupe Salad

### INGREDIENTS

- 1/2 cup thinly sliced cucumber
- 1/2 cup cherry tomatoes
- 1/4 medium red onion (thinly sliced)
- 1 TBSP olive oil
- 2 tsp apple cider vinegar
- 1 pinch each sea salt + black pepper
- 3 TBSP lime juice
- 1 TBSP maple syrup
- 1 pinch sea salt
- 3 heaping cups cantaloupe (cubed)
- 2 TBSP fresh mint

### DIRECTIONS

1. Add cucumber, tomato, and onion to a small mixing bowl and top with apple cider vinegar, salt, pepper, and half of the olive oil. Toss to combine.
2. Next, prepare dressing by adding lime juice, maple syrup, and sea salt to a small mixing bowl and whisking to combine. Then slowly stream in the second half of the olive oil while whisking to combine.
3. Add cantaloupe to a large serving bowl and top with dressing. Gently toss to combine. Then add the cucumber-tomato-onion salad on top.
4. Gently toss to combine and garnish with fresh mint. Serve.



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more.





# COLORADO

## Tomatoes

### DID YOU KNOW

The scientific name for tomatoes is *Lycopersicon*, which means

**wolf peach!**

### NUTRITION ALERT!

- Contains Vitamin C, Potassium, Vitamin K1 and Folate
- Full of antioxidants
- Improves skin and heart health

Due to the unpredictable Colorado weather we all know and love, most tomatoes have to be grown in a greenhouse!

## The BEST BRUSCHETTA

### Ingredients

- 1 loaf French bread, cut into 1/4-inch slices
- 1 TBSP extra-virgin olive oil
- 8 roma (plum) tomatoes, diced
- ½ cup chopped fresh basil
- 1 oz Parmesan cheese, freshly grated
- 2 cloves garlic, minced
- 1 TBSP good quality balsamic vinegar
- 2 tsp extra-virgin olive oil
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

### Directions

1. Preheat oven to 400 degrees F.
2. Brush bread slices on both sides lightly with 1 tablespoon oil and place on large baking sheet. Toast bread until golden, 5 to 10 minutes, turning halfway through.
3. Toss together tomatoes, basil, Parmesan cheese, and garlic in a bowl. Mix in balsamic vinegar, 2 teaspoons olive oil, kosher salt, and pepper.
4. Spoon tomato mixture onto toasted bread slices and serve immediately.



If you or someone you know uses SNAP-EBT, check out Double Up Food Bucks. This program offers the ability to Double your SNAP benefits up to \$20 per visit for fresh fruits and vegetables at participating locations! Scan the QR code to learn more. →

