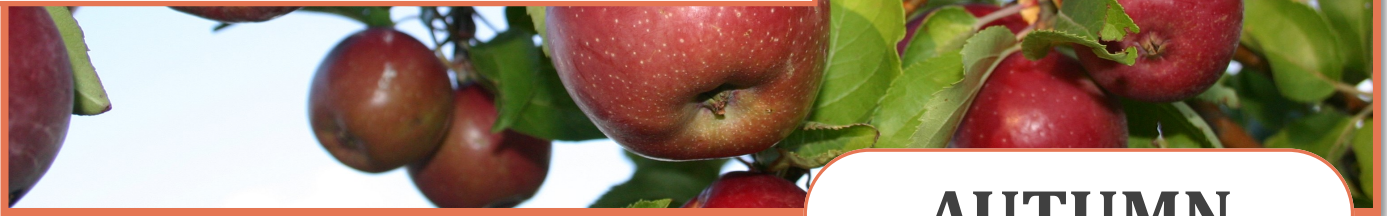


SW Colorado Local Food Menus



AUTUMN

Now is the time for celebrating the bounty of another harvest season. The cooler days welcome a change in menus, where summer's focus on fresh and cool is replaced by the comforting warmth of heartier recipes. It's time to start stocking up on the abundance of storage crops, as best you can. Onions, winter squash/pumpkins, and potatoes all store well in a cool room or closet. Carrots, beets, and cabbage store for months in your refrigerator. Think ahead to the snowy days of winter and freeze some apple slices for warm apple treats.

AUTUMN MENU IDEAS

(Local items in **BOLD**)

OCTOBER

Hamburger with **refrigerator pickles**²

Roasted **potato** wedges

Beet & carrot salad

Fresh **apple** slices

NOVEMBER

Turkey sandwich on **Serious Delight's honey whole wheat bread**

Oven-roasted **carrots, beets, & potatoes**

Cornbread stuffing made with **Bow & Arrow Cornmeal**

Roasted **apples & Brussel sprouts** or **cabbage**

Apple or **pumpkin** pie (homemade pumpkin puree freezes well!)

DECEMBER

Roast beef & mashed potatoes³ or **Beef pot roast** with **carrots**³ & **potatoes**³

Frozen **green beans**¹ or **kale** chips

Black bean brownies

¹ Not in season, so you must freeze it while it is in season

² Stored in cold storage (or refrigerator) by you or farmer

³ Stored in cool storage by you or farmer