

SW Colorado Local Food Menus



SPRING

Now is the time to finish up the frozen local foods from your freezer, harvest hardy spring greens from your garden, & anticipate the arrival of the first local crops. Many of those first crops will be greens; great kid-approved uses for greens include stir-fries, soups/stews, pasta sauces, meatloaf, baked veggie chips, and smoothies. You can also freeze any excess for future use (just quickly blanch, cool, then pack).

SPRING MENU IDEAS (Local items in **BOLD**)

APRIL

Egg & frozen veggie¹ frittata squares or muffins

Applesauce¹ or **pumpkin**¹ pancakes with a **honey-sweetened frozen fruit**¹ sauce

MAY

Beef & bean tacos with **homemade salsa**¹

Kid-Friendly Salad (adjust the dressing to the flavor of the greens—mild with mild, sweet with spicy, etc)

JUNE

Spaghetti & **beef** meatballs with **leafy greens** in the sauce

Veggie Dippers (**kohlrabi, radish**, etc.)

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