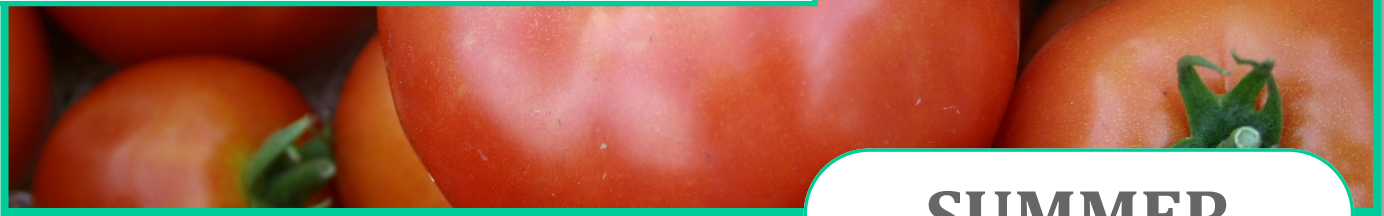


SW Colorado Local Food Menus



SUMMER

Now is the time of bounty, with local foods exploding with unparalleled flavor. It's a great time to expose kids to the variety of veggie colors, tastes, and forms, especially in fun things like veggie dippers with their favorite dip. It's also a key time to think ahead toward the winter and put some of summer's bounty into the freezer. Many vegetables can be quickly blanched then frozen for winter use. Tomatoes and tomato-based sauces like pasta sauce or salsa can easily be frozen. Cucumbers and other vegetables can be turned into "refrigerator pickles," no canning necessary. Just imagine how the extra broccoli or salsa you freeze will enliven winter meals!

SUMMER MENU IDEAS

(Local items in **BOLD**)

JULY

Hummus & **Veggie Dippers** (**snap peas, bell peppers, zucchini, carrots, cucumbers**, etc.)

Broccoli & cabbage fried rice with local ground **pork/beef**

Berries & yogurt

AUGUST

Homemade veggie spaghetti sauce with local **tomatoes, bell peppers, zucchini, onions, & carrots**

Beef/pork meatballs

Cucumber dippers

Freeze extra green beans & broccoli for winter recipes!

SEPTEMBER

Beef & bean taco bowls with **cabbage** or **lettuce**

Fresh homemade salsa with local **tomatoes, cilantro, & onions** (freeze extra for winter use)

Chip Peddler chips