

SW Colorado Local Food Menus



WINTER

Now is the time to eat local food from pantry, closet, and freezer. Some local items—like meat, honey, & grains—are available all year, making this the perfect time to add them to your shopping lists and menus. Some cold-hardy greens will begin growing again in February—another reason to have your own garden and cold-frame!

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

JANUARY

Spaghetti squash³ bake & **beef/pork** meatballs
Cabbage² & **carrot**² coleslaw

FEBRUARY

Beef, bean, & carrot² chili
Cornbread made with **Bow & Arrow Cornmeal**
Frozen **veggies**¹
Roasted **squash**³

MARCH

Broccoli¹ stir-fry with local **ground beef/pork**
Applesauce^{1,3} or **pumpkin**^{1,3} muffins

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