Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

**June 2017**

**Available Now...**

**Dairy**

June is National Dairy Month! Colorado is home to 148,000 milk cows that produce 436 million gallons of milk each year.

**Tips & Nutrition**

Milk is a nutrition powerhouse, providing 9 essential nutrients in the form of calcium, potassium, phosphorus, protein, and vitamins A, D, B12, riboflavin and niacin.

**Fresh Inspirations...**

**Homemade Yogurt**

**Ingredients**

1 Quart Whole Milk  
1/4 Cup Plain Greek Yogurt or 5 Gram Packet Powdered Yogurt Starter

**Directions**

Heat milk in a thick walled saucepan to 180°F. Turn off heat and cool milk to 120°F then add starter (yogurt or powder). Preheat incubator to 115°F. Incubate in a thermos, crock pot or warm oven at 115°F for a minimum of 5 hours, or longer (up to 12 hours) for more tart yogurt. Remove from the incubator container and chill the yogurt overnight to completely set. For Greek yogurt, strain through cheesecloth overnight, covered. Sweeten as needed with honey or sugar.

Use yogurt to make mason jar parfaits alternating layers of yogurt, granola, fresh blueberries, lemon curd and blueberry curd.

For additional yogurt information and tips, visit www.westerndairyassociation.org.

---

**Next Month... Colorado Cherries**

305 Interlocken Parkway ▲ Broomfield, CO  80021 ▲ (303) 869-9000 ▲ www.coloradoagriculture.com