



FarmFresh

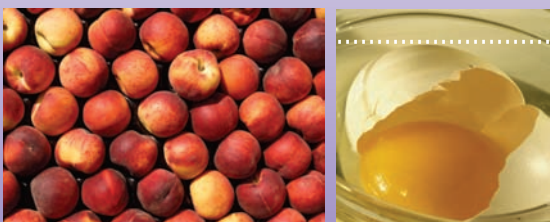
Recipes

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.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

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.

Next Month... Colorado Cherries