



FarmFresh

Recipes

January 2019

Available Now...

Honey

Colorado is home to busy bees, with 33,000 colonies producing more than 1.4 million pounds of honey each year.



Fun Fact

A honey bee will visit 50 to 100 flowers during a single collection trip, and a hive of bees must fly 55,000 miles to produce a pound of honey.



Fresh Inspirations...

Blueberry BBQ Sauce

Ingredients

- 1 Tbsp. Olive Oil
- 1/2 Cup Yellow Onion, diced
- 1 1/2 Tsp. Fresh Garlic, crushed
- 1/4 Tsp. Red Pepper Flakes
- 2 Cups Ketchup
- 1/4 Cup Molasses
- 1/2 Cup Apple Cider Vinegar
- 2 Cups Frozen Blueberries
- 1 1/2 Tsp. Smoked Sea Salt
- 1/2 Tsp. Black Pepper
- 1 Cup Brown Sugar
- 1/4 Cup Honey

Directions

Measure all ingredients ahead of time and hold next to the stove top. Heat a medium-sized sauce pan on high for 2-3 minutes. Add the oil and heat for 1 minute. Add the yellow onion and sauté until just golden. Add the garlic and red pepper flakes and sauté for 1 minute. Add the ketchup, molasses, apple cider vinegar, blueberries, salt, pepper, sugar and honey. Bring to a boil, then reduce to a simmer. Simmer for 30 minutes until reduced. Turn off heat, remove from stove top and allow to cool to room temperature. Strain the sauce once cooled if desired. Serve with mini meatballs or chicken wings.

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.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado Potatoes**