COME TO
THE TABLE
COLLEGE OF
Agricultural
SCIENCE

GUIDEBOOK FOR AN AT-HOME
Agricultural Celebration

JUST HORSEING AROUND

LEGENDARY DAIRY PARTY

HERE FOR SOME SHEEP THRILLS

COLORADO STATE UNIVERSITY
AgDay.AgSci.ColoState.Edu
Dear friends,

In the midst of a difficult time, let us take a moment to celebrate agriculture and our way of life. Let’s approach this day, as we do others, with a fondness for agriculture even in hours of adversity. We joyfully embrace our commitment to nourishing the most basic of human needs. We welcome others to the table knowing that the bounty of our practice and culture is meant to be shared. We are proud of one another and uplifted by our community. This is the spirit of Ag Day and the Ag Week celebration.

The College of Agricultural Sciences invites you to come to the table for a week of recognition and agricultural highlights leading up to this year’s virtual Nutrien Ag Day Barbecue on September 19. While we cannot gather in person, we hope you will participate through various virtual and at-home opportunities or by supporting local food banks and food access relief efforts in your area.

Colorado State University is a proud partner and steward of agriculture. Our students are learning and preparing for their futures, while also acquiring valuable life skills and resiliency. The next generation are problem solvers and eager to contribute. CSU faculty and staff are seeking knowledge and applying it with wisdom to our most pressing challenges we face — supply chain disruptions, new diseases, drought and food insecurity. It’s a partnership of knowledge co-created with agriculturalists and decision makers leaning heavily on shared creativity and innovation.

While acknowledging the hurdles of today, our commitment is to cultivate community and prepare for the future by joining together and honoring those who are stewards of the land, plants, animals and human wellbeing. We are grateful for your engagement with the College and the broader agricultural community. In these unprecedented times, please know your partnership is important, appreciated, and has a significant impact on our students. You are evidence of the power of the agricultural community — full of kindness, thoughtfulness, and support.

All the best,

James Pritchett, Ph.D.
Dean, College of Agricultural Sciences
Director, Agricultural Experiment Station
DECORATIONS and Photo Props

Print, cut, and use these decorations and photo props to decorate in Aggie Orange and to celebrate agriculture! For extra customization, utilize items you may already have at home, such as photos, pennants, past Ag Day Barbeque memorabilia, Colorado décor, and more.

To make photo props, tape the back of the cutout to a pen, pencil, popsicle stick, or something similar.
HERE FOR SOME Sheep Thrills

I'M ONE IN A Melon

Raised in a BARN

CAN'T TO EAT Wheat

EGG cellent
JUST Horsing AROUND

READY TO GO Hog Wild

BEST Spuddies

BEST Spuddies
Our agricultural partners around the state of Colorado have been supporters of the Ag Day tradition since the beginning. Without their loyal support, the event and fundraising for Ag Day Scholarships that support our future agriculture leaders would not be possible. Since 2000 alone, Ag Day Scholarships have supported more than 300 students, totaling more than $525,000.

Use the recipes provided by our Ag Day partners or other favorite recipes to enjoy your own Nutrien Ag Day Barbecue at home this year. To give back to the groups that have always supported the College of Agricultural Sciences, be sure to look for the Colorado Proud label and buy local. This ensures that the money you spend will be supporting our local farmers and ranchers. You can find more information at https://www.colorado.gov/pacific/agmarkets/colorado-proud.

If you are outside of Colorado visit the USDA website (https://www.foodroutes.org/chapter-directory/), or your state’s department of agriculture, to find out where to support local farmers and ranchers in your area.
AT-HOME Agricultural Celebration

**SWEET ONION & PEPPER BEEF SANDWICHES WITH AU JUS**

**INGREDIENTS**
- 3 to 3-1/2 pounds beef stew meat, cut into 1 to 1-1/2 inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red bell pepper, cut lengthwise into 1-inch wide strips
- 1 cup reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup no-salt added tomato paste
- 2 tablespoons minced garlic
- 8 to 10 French bread rolls, split, warmed

**Toppings:**
- Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives (optional)

**INSTRUCTIONS**
1. Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Skim fat from cooking liquid, if necessary.
2. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.

**ALTERNATE COOKING METHOD**
This recipe can be made in a 6-quart electric pressure cooker. In small bowl add 1/2 cup broth, soy sauce and tomato paste; mix well. Place onions in pressure cooker, top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer’s instructions.)

**ROCKY MOUNTAIN GRILLED T-BONE STEAKS WITH CHARRO-STYLE BEANS**

**INGREDIENTS**
- 2 beef T-bone Steaks (1 inch thick)
- Rub:
  - 1 tablespoon black peppercorns
  - 1 teaspoon green peppercorns
  - 1 teaspoon pink peppercorns
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon Himalayan sea salt
  - 1/4 teaspoon white peppercorns
  - 3 juniper berries
- Charro Beans
  - 1/2 pound pancetta, chopped
  - 1/2 cup diced onion
  - 2 teaspoons minced garlic
  - 1 can (15-1/2 ounces) pinto beans, drained and rinsed
  - 1 can (10-1/2 ounces) no-salt added Mexican-style diced tomatoes
  - 2 fresh poblano chile peppers, fire-roasted, seeded, peeled and chopped
  - 1/2 cup reduced-sodium beef broth
  - 1 medium jalapeno pepper, diced
  - 1/2 teaspoon chili powder
  - 1 teaspoon ground cumin
  - 1/2 ounce 70% dark chocolate, broken into pieces

**INSTRUCTIONS**
1. Combine Rub ingredients in a spice grinder. Pulse on and off until grind has sand-like consistency. Set aside. Cook’s Tip: You may substitute 1/8 teaspoon ground white pepper for 1/4 teaspoon white peppercorns.
2. Preheat large cast iron skillet on medium-high heat for 5 minutes. Add pancetta; cook 7 to 10 minutes until crisp, stirring occasionally. Using a slotted spoon, remove pancetta; set aside. Pour excess oil from pan. Return same skillet to heat; add onion and garlic. Reduce heat to medium; cook 3 to 5 minutes until onions are translucent, stirring often. Stir in pancetta, beans, tomatoes, poblano, broth, jalapeno, chili powder, cumin and coriander. Reduce heat to low; simmer 15 to 20 minutes, stirring occasionally. Add chocolate during last 5 minutes of cooking; stir until combined.
3. Meanwhile, press Rub evenly on steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Place steaks on cutting board; cover with foil and let stand 5 to 10 minutes before slicing off of bone.

**BEEF**
- When animals graze in the pasture they have to tear the grass by moving their heads. Cattle don’t have any cutting teeth in the front of their upper jaw, so they can’t just bite the grass off.
- Cattle use their tails as fly swatters.
- Cattle spend 6 hours a day eating and 8 hours a day chewing cud.
- Cattle and calves sales are $3.99 billion, ranking Colorado 5th in the nation.
- Cattle can detect odors up to five miles away.

**Colorado’s Beef Industry**
- There are 207 bones in a cow’s body.
- 66% of the state’s $7.1 billion in agricultural cash receipts is attributed to livestock.

Looking for Local Beef?
There are so many choices of beef and we want to help you find the best option for you! We’ve assembled a local beef directory to help connect you with options to purchase beef directly from beef farmers. Check out our list of local beef farms and ranches!

Go to CoBeef.com, click on Cooking, then go to the Directory!

95% of Colorado farms and ranches are family owned.
SWIFT® GROUND PORK BRAT BURGERS

Top your favorite French bread with the tasty flavors of slow cooked beef, sweet onions and bell peppers in this hearty and satisfying sandwich.

**INGREDIENTS**
- 1 pound Swift® Ground Pork
- 2 tablespoons heavy whipping cream
- 2 teaspoons sugar
- ½ teaspoon salt
- 1 ½ teaspoons nutmeg, ground
- ½ teaspoon onion powder
- ½ teaspoon white pepper, ground
- ½ teaspoon ginger, ground
- ½ teaspoon marjoram, ground
- 4 sandwich buns or rolls, split (optional)
- Stone ground mustard (optional)
- Sauerkraut (optional)
- Chopped sweet onion (optional)

**INSTRUCTIONS**
Preheat gas grill to medium for direct grilling. Stir together cream, sugar, salt, nutmeg, onion powder, pepper, ginger, sage, and marjoram. Place pork in a large bowl and pour mixture over top, then combine, trying to avoid overmixing. With damp hands, form mixture into four ¾ inch thick patties. Grill patties, uncovered, for 12 to 15 minutes or until internal temperature on a meat thermometer reaches 160°F in the thickest part of the meat. Spread buns with mustard and place pork burgers on top. Serve with desired toppings.

SWIFT® GAME DAY RIBS

Prep Time: 20 minutes
Cook Time: 2.5 hours
Servings: 4-6

**INGREDIENTS**
- 1 rack Swift® St. Louis Style Pork Spareribs
- ¼ cup brown sugar
- 2 tablespoons paprika
- 1 teaspoon black pepper
- 1 ½ teaspoons onion powder
- 1 ½ teaspoons garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 bottle barbeque sauce, any flavor

**INSTRUCTIONS**
In a small bowl, combine sugar, paprika, pepper, onion powder, garlic powder, cayenne, chili powder and salt. Preheat grill to high (500°F). Place ribs over direct heat and cook approximately 6 to 7 minutes per side. Preheat oven to 325°F. Remove ribs from grill, place on a shallow baking pan, and cover with foil. Place ribs in oven and cook for 2 hours. After 2 hours, remove foil, coat with barbeque sauce, and return to oven, uncovered, for an additional 10 to 15 minutes.

Healthy Pigs Make Safe Pork

Colorado pig farmers are on a mission. They are dedicated to producing safe, high-quality pork on their farms. With a legacy of using responsible practices and a commitment to ongoing improvement, pig farmers produce a high-quality product that is distributed to consumers. When it comes to responsible farming, nobody cares more about the environment, animal care, food safety and the community than a pig farmer.
CHOCOLATE BUNDT CAKE

INGREDIENTS
Cake:
- 1 cup coffee
- 1 cup butter
- 3/4 cup cocoa powder
- 2 cups sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 cups all-purpose flour
- 2 teaspoons vanilla extract
- 2 eggs
- 1/2 cup sour cream

Glaze:
- 2/3 cup Bitter-sweet chocolate, chopped
- 1/2 cup cream

INSTRUCTIONS
Preheat the oven to 350°F (180°C) then generously butter a 10- to 12-cup Bundt pan, preferably non-stick. Add the coffee, butter, and cocoa in a large bowl and microwave for 2 minutes until the butter is melted. Whisk until smooth then set aside to let the mixture cool for 10 minutes.

While the chocolate mix is cooling, combine the sugar, baking powder, baking soda, salt, and flour in a large bowl. Pour the cooled chocolate mixture into the bowl with the dry ingredients, and mix until thoroughly combined.

In a large jug whisk together the vanilla, eggs, and sour cream. Mix into the chocolate batter, stirring until thoroughly combined.

Pour the batter into the prepared bundt tin.

Bake the cake for 50-55 minutes, until a long toothpick or skewer inserted into the center comes out clean.

Remove the cake from the oven, wait 5 minutes, and turn the pan over onto a cooling rack. After 5 more minutes, lift the pan off the cake. Let the cake cool completely before glazing.

While the cake is cooling make the glaze. Combine the chocolate and cream in a microwave-safe bowl, or in a saucepan set over medium heat. Heat until the cream starts to bubble around the edges. Stir the warm cream and chocolate together until the mixture is smooth and shiny.

Once the bundt cake has cooked, transfer to a serving plate or cake stand and spoon the icing over the top of the cake, letting it drip down the sides. Cover and store the cake at room temperature for up to 3 days.

BANANA ORANGE MUFFINS

INGREDIENTS
- 1/2 cup orange juice, unsweetened
- 1 tablespoon grated orange peel
- 2 tablespoons canola oil
- 2 large eggs
- 1 cup mashed ripe bananas (about 2 medium)
- 1/4 cup honey
- 1/4 cup firmly packed brown sugar
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped walnuts (optional)

INSTRUCTIONS
Preheat oven to 400°F.

Combine first 6 ingredients in a large mixing bowl. Stir well. In a medium bowl, combine brown sugar, oats, flour, baking powder, salt and nuts (optional). Combine with liquid ingredients and mix slightly until dry ingredients are moistened.

Spray muffin cups with non-stick spray and fill 3/4 full. Bake for 20 minutes or until golden brown.

Servings: 12 muffins
CAMPFIRE BEANS

INGREDIENTS
3/4 lb. Thick Applewood Bacon, cut into ¾” strips
1 Cup Sweet Yellow Onion, diced
1 Tsp. Fresh Garlic, crushed
2 lbs. Andouille Sausage, cooked and cut into ½” slices
5 (15 oz.) Cans Pinto Beans, drained and rinsed
3 Tbsp. Cajun Seasoning
2 Tbsp. Cumin
2 Tbsp. Chili Powder
1 Tbsp. Worcestershire Sauce
3 Tbsp. Apple Cider
1/2 Cup Dark Brown Sugar
2 Cups Tomato Sauce
1 Cup Beef Stock

INSTRUCTIONS
Heat a large Dutch oven (8 quart or larger) over high heat for 7-10 minutes. Add the bacon and onions and sauté until bacon is browned and onions are caramelized about 50%. Cook for 5-7 minutes then add the remaining ingredients to the Dutch oven and mix well. Tilt the cover (approximately 25% open) and adjust heat to simmer. Simmer for 1 hour, slowly remove cover and stir to mix. Taste and adjust seasoning as needed. Tilt the cover and let cook for another hour or more depending on preference. Remove from heat when finished and let rest for 10 minutes. Serve with a steak, grilled chicken or pulled pork.

Colorado produces a wide range of bean varieties including pinto, light red kidney and black, and the state ranks eighth nationally in dry bean production. Beans are low in fat, high in fiber, rich in antioxidants and a good source of protein. Look for Colorado beans at your local grocery store or at restaurants across the state.

Colorado Proud Fun Facts, Colorado Proud
GRILLED STREET CORN

INGREDIENTS
8 ears corn, shucked and soaked
1/2 cup mayonnaise
1/2 cup Mexican crema
1 teaspoon barbecue seasoning blend
1-2 teaspoons fresh lime juice
1/2 cup cotija cheese, crumbled
2 tablespoons fresh cilantro, chopped

INSTRUCTIONS
Preheat grill to 400°F. Soak shucked corn in cold water for 10 minutes prior to grilling, remove and let rest on a cookie sheet. In a bowl, mix mayonnaise, crema, barbecue seasoning blend, lime juice and cheese to create a glaze. Place the soaked corn on the grill, close the lid and let cook for 2-3 minutes. Open the lid and rotate corn to next side. Continue process until all sides have been grilled. Using a silicone brush, baste all sides of the corn with the glaze, close the lid and let glaze caramelize, basting as needed. Remove corn from grill, place onto a platter, sprinkle with more Cotija cheese and garnish with cilantro.

Did you know that there are nearly 34,000 farms and ranches in Colorado encompassing 31.7 million acres?

That's nearly half of the state's total land area. A big number when thinking about the different types of corn that is grown in Colorado and their uses. For example, in 2016, producers harvested more than 1 million acres of corn for grain. The annual production of sweet corn totals more than 60 million pounds with a value of $9.3 million.

Colorado Proud Fun Facts, Colorado Proud
SMOKED DEVILED EGGS

INGREDIENTS
1 dozen extra large eggs, hard-boiled
4 tablespoons mayonnaise
1 teaspoon apple cider vinegar
1/2 teaspoon yellow mustard
1 teaspoon BBQ spice blend
1 tablespoon BBQ sauce
1 tablespoon green chile, roasted and minced

INSTRUCTIONS
Hard-boil and peel eggs then chill. Preheat smoker to “smoke.” Place the chilled whole hard-boiled eggs onto the top shelf of the smoker. Close the lid and smoke for 30-45 minutes depending on desired smoke level. Once the eggs are smoked, place on a plate, cover with plastic wrap and chill in the refrigerator for 1 hour. It is normal for the eggs to have a yellow color after being smoked. Once fully chilled, remove eggs and gently slice in half lengthwise. Pop out the yolks into a smaller bowl and arrange the egg white halves onto a plate. Cover and chill the whites until time to fill. For the egg yolk filling, use a fork to mash the yolks then add the mayonnaise, vinegar, mustard, spice blend, BBQ sauce and green chile. Mix well then place into a large sealed bag and place in the refrigerator to chill for at least 30 minutes. Trim the tip of the bag then slowly fill the egg white halves.

Colorado hens lay more than one billion eggs a year. Just like other Colorado livestock producers, Colorado egg and poultry farmers are at the forefront of innovative poultry handling and egg processing, ensuring safely and humanely raised chickens and quality-assured farm fresh eggs. Acknowledging the diversity of consumers in the state, Colorado Egg Producers are proud to offer consumers the choice between cage, cage-free, organic, nutrient-enhanced, and brown and white eggs.

Seven family owned and operated farms, many of which are 2nd generation, make up the Colorado Egg Producers Association. The Association was formed nearly a half century ago to help promote fresh eggs and educate Coloradans about egg production in the state.

Colorado Agriculture, Colorado Department of Agriculture

Every egg producer, although diverse in size and management style, has one resounding philosophy: Producing a safe and wholesome product for consumers while providing acceptable animal husbandry standards.
BRISKET PIZZA

INGREDIENTS
Brisket Pizza:
- 1 whole-wheat pizza dough portion
- 1 tablespoon cornmeal
- 1/4 cup favorite BBQ sauce
- 1 cup grated Cheddar cheese
- 2 medium tomatoes, chopped
- 2 small jalapeños, chopped
- 1 cup chopped smoked beef brisket
- Fresh cilantro, chopped
- Ranch dressing, if desired

Whole Wheat Pizza Dough:
- 1 1/2 cups whole wheat flour or whole wheat pastry flour
- 1 cup bread flour
- 1 envelope active dry yeast (about 2 1/2 teaspoons)
- 1/2 teaspoon salt
- 1 tablespoon honey
- 1-1 1/2 cups warm water, 105-110° F.

INSTRUCTIONS
1. Preheat oven to 450°F. Sprinkle baking sheet with cornmeal. Dust work surface with flour and shape dough into round or rustic rectangular shape. Place dough on baking sheet.
2. Evenly coat the dough with barbecue sauce. Sprinkle with Cheddar cheese, tomatoes, jalapeños and brisket.
3. Bake for 8-12 minutes or until cheese is bubbly and crust is brown. Remove from oven; sprinkle with cilantro, drizzle with ranch dressing, if desired.

MAC AND CHEESE CASSEROLE CUPS

INGREDIENTS
- 3 cups milk, divided
- 2 1/2 tablespoons flour
- 1 1/2 cups (6 ounces) shredded Cheddar cheese, divided
- 1/4 cup shredded Mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 8 ounces elbow macaroni, cooked and drained

INSTRUCTIONS
1. Preheat oven to 350ºF. In medium saucepan, slowly whisk 1 cup milk into flour, stirring until all lumps have dissolved. Add remaining milk, stirring thoroughly. Heat to simmer 10 minutes, stirring occasionally, until sauce thickens. Add 1 cup Cheddar, the Mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well.
2. Line muffin tin with 10 paper muffin cups. Divide mac and cheese mixture into muffin cups. Top with reserved 1/2 cup shredded Cheddar. Bake 15 minutes or until golden brown. Cool for 5 minutes before serving.

MAC AND CHEESE CASSEROLE CUPS

INGREDIENTS
- 3 cups milk, divided
- 2 1/2 tablespoons flour
- 1 1/2 cups (6 ounces) shredded Cheddar cheese, divided
- 1/4 cup shredded Mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 8 ounces elbow macaroni, cooked and drained

INSTRUCTIONS
1. Preheat oven to 350ºF. In medium saucepan, slowly whisk 1 cup milk into flour, stirring until all lumps have dissolved. Add remaining milk, stirring thoroughly. Heat to simmer 10 minutes, stirring occasionally, until sauce thickens. Add 1 cup Cheddar, the Mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well.
2. Line muffin tin with 10 paper muffin cups. Divide mac and cheese mixture into muffin cups. Top with reserved 1/2 cup shredded Cheddar. Bake 15 minutes or until golden brown. Cool for 5 minutes before serving.
GRILLED LAMB LOIN CHOP & MINI SWEET PEPPERS AND CHERRY TOMATO MEDLEY WITH CHIMICHURRI SAUCE

Serves: 8  
Prep time: 15 minutes  
Cook time: 15 minutes

INGREDIENTS
Cilantro Parsley Chimichurri Sauce
¼ cup olive oil  
4 garlic cloves, minced  
1 tsp kosher salt  
1/2 tsp black pepper  
¼ cup fresh lime juice  
1 cup fresh cilantro, chopped  
1 cup fresh Italian parsley, chopped

Roasted Tri-colored Mini Sweet Peppers and Cherry Tomato Medley
1 lb bag tri-colored mini sweet peppers, rinsed and dried  
12 oz multi-colored cherry tomato medley, rinsed and dried  
1 tsp olive oil  
½ tsp kosher salt  
¼ tsp black pepper

Grilled Lamb Loin Chop
8 lamb loin chops (4-5 oz each bone-in)  
1 tsp olive oil  
½ tsp kosher salt  
¼ tsp black pepper

INSTRUCTIONS
Cilantro Parsley Chimichurri Sauce
Heat the olive oil in a small pan over medium heat. Add the minced garlic and remove from heat; let stand for a few minutes, allowing to cool. Stir in the salt and jalapeno. In a small bowl, combine the cilantro, parsley, lime juice, and garlic oil mixture; set aside.

Roasted Tri-colored Mini Sweet Peppers and Cherry Tomato Medley
Preheat the grill over high heat. In a medium bowl, combine the sweet peppers and cherry tomatoes, toss with the olive oil, salt, and pepper. Cook the vegetables on the grill for about 5-10 minutes, turning the vegetables a few times to prevent burning and allowing to cook on all sides. Remove the vegetables from the grill and place them on a platter.

Grilled Lamb Loin Chop
Preheat grill over high heat. Lightly brush olive oil on grill grates. Pat lamb dry with paper towels. Rub both sides of chops with salt and pepper. Grill lamb chops about 4-5 minutes per side or until cooked to 145°F for medium rare. Transfer the lamb chops to the serving platter with the grilled vegetables. Top the platter with the reserved Cilantro Parsley Chimichurri Sauce and serve.

GRILLED LAMB AND VEGETABLE KABOBS

Serves: 4-6  
Prep time: 10 minutes  
Cook time: 10 minutes

INGREDIENTS
12 (10-inch) wooden skewers  
1/4 cup olive oil  
3 garlic cloves peeled and smashed  
2 lbs boneless leg lamb, trim of fat, cut into 1 inch pieces  
1 medium red onion, cut into 1-inch pieces w/ layers  
2 small zucchini cut crosswise to 1/2 inch rounds  
2 yellow squash cut crosswise to 1/2 inch rounds  
2 bell peppers cut into 1/2 inch pieces  
1/4 tsp salt  
1/8 tsp pepper  
Honey Mustard Thyme Dipping Sauce  
2 tsp chopped fresh thyme  
3 tbsp coarse grain mustard  
1 tbsp honey  
1 tbsp mayonnaise  
1/4 tsp pepper  
1/8 tsp salt  
Cucumber Yogurt Sauce  
2 tsp chopped fresh dill  
1/2 cucumber peeled, seeded and finely chopped  
1/4 cup greek yogurt  
1/8 tsp pepper  
1/8 tsp salt

INSTRUCTIONS
Place wooden skewers in a shallow dish and cover with water, set aside. In a small saucepan over low heat, simmer olive oil and garlic until garlic is golden brown, about 3 minutes, transfer to small bowl and set aside to cool.

Thread 6 skewers alternating lamb and red onion. Thread remaining 6 skewers with zucchini, yellow squash and red pepper. Place on clean tray.

On a gas grill, turn all burners to high, close lid and heat until hot, about 15 minutes. Brush lamb and vegetable kabobs with garlic oil and season with salt and pepper. Place skewers on the hot grill rack. Cover and cook, turning occasionally, until each side has grill marks and lamb is cooked through, about 8 to 10 minutes or until lamb reaches 160 degrees for medium doneness.

Remove from grill onto clean tray. Serve with dipping sauces and whole-wheat pita.

Sheep are raised in nearly every state in the U.S., and Colorado ranks consistently as one of the top five sheep and wool producers year after year. Colorado feeds more lambs than any other state in the nation, and our climate and geography allow our state to produce some of the best lamb and wool in the nation.

Colorado Lamb is known worldwide for its mild flavor and tender cuts.

Colorado Agriculture, Colorado Department of Agriculture
WESTERN ROASTED POTATOES IN SAN LUIS VALLEY, CO

These roasted potatoes are made with the best of Southwest flavors like red onions, bell peppers, and spices.

Prep Time 10 minutes
Cook Time 35 minutes
Total Time 45 minutes

INGREDIENTS
2 large Colorado baking potatoes
1 red bell pepper
1 green bell pepper
1/2 red onion
2 Tbsp vegetable oil
1/2 tsp chili powder
1/2 tsp paprika
1/2 tsp cumin
1 tsp oregano
1 tsp garlic powder
About 1 tsp salt to taste

INSTRUCTIONS
1. Preheat oven to 425°F and line a large rimmed baking sheet with aluminum foil. (I use a 17x11x1 baking sheet.)
2. Wash and cut potatoes into cubes that are about 1/2-inch in size. Add to a large mixing bowl.
3. Cut bell peppers and onion into pieces that are about the same size as potatoes. Add it to the mixing bowl as well.
4. Add all the spices into the bowl with potatoes and veggies. Mix well until everything is evenly incorporated.
5. Add oil and mix well.
6. Spread potato and veggies mixture in the prepared baking sheet, evenly.
7. Bake for 35-40 minutes.

POTATO FACTS
Colorado’s majestic San Luis Valley has a love affair with potato farming. The largest alpine valley in North America is the perfect environment for potatoes to flourish with sunny summer days, cool nights, low humidity and innovative farmers. Colorado potato farmers grow over two billion pounds of fresh potatoes annually. The healthy potato is a nutritional powerhouse with complex carbs for energy, more potassium than a banana, and no sodium.

(Colorado Agriculture, Colorado Department of Agriculture)
**FRESH ROCKY FORD SALSA**

**INGREDIENTS**
- 1 1/2 cups Rocky Ford cantaloupe, rind and seeds removed, and small diced
- 1/2 cup red peppers, diced small
- 1/2 cup red or white onion, diced small
- 4 tablespoons fresh cilantro, chopped
- 2 teaspoons lime juice
- 2 tablespoons olive oil
- 1 small Serrano pepper, chopped fine
- Salt to taste

**INSTRUCTIONS**
1. Combine all ingredients in a medium-sized bowl.
2. Taste and season with more lemon or salt if needed.
3. Cover and chill for at least half an hour.
4. Serve with your favorite tortilla chips or on grilled whitefish/chicken breast/pork chop or burgers.

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**COLORADO CANTALOUPE**

**SEASONALITY**

Colorado grown cantaloupes are available August through October and cantaloupes are sold in many grocery stores year-round. Colorado’s melon production is centered in the Arkansas Valley around Rocky Ford, a name that is synonymous with cantaloupe melons. Since 1895, the Arkansas Valley has been producing the highest quality cantaloupes. U.S. commercial cantaloupe production actually began in the Arkansas Valley very near the town of Rocky Ford. Many people travel to the Arkansas Valley each year to sample the delicious melons, tour the melon fields, and take a few home.

Researchers say that Rocky Ford melons are sweet because of the wide temperature swings that the region experiences during the summer. Days can reach as hot as 100°F while nights may have lows in the 50’s. The combination of warm weather, dry climate, and high elevation (4,000 feet above sea level) may increase sugar production. The cool Colorado nights then allow the sugars to accumulate in the melons as the growing process slows down.
SHOW YOUR Pride

As a land-grant institution, Colorado State University seeks to have hands-on impact with our local community, the greater Colorado community and beyond. CSU’s College of Agricultural Sciences (CAS) and Agricultural Experiment Station (AES) are collaborative, systems-based entities that enrich global well-being because it nourishes the nutritional, physical and general well-being needs of humans, plants and animals. We welcome anyone to pull up a chair and take a seat at our table so that together we can learn, grow, discover, and make a positive impact on the agricultural world.

Ag Day is a momentous tradition that we share each year to showcase how our agricultural partners Come to the Table. This year, we’ll celebrate agriculture the virtual Aggie way. We welcome you to celebrate our agricultural roots throughout the week of September 14 with a bit of history, a few special guests, and a good old fashioned at-home barbecue on Saturday, September 19, made complete with crops grown right here in Colorado that you can find in your local grocery store or farmers market: wheat, dairy, beef, pork, beans, lamb, eggs, potatoes, watermelon, and corn.

So, dress up in your favorite Aggie orange apparel, snap some fun photos, enjoy a great meal, and celebrate this time.

GET SOCIAL!

Throughout the week leading up to Ag Day, follow us on social media for some special tributes: Facebook, Instagram, LinkedIn, Twitter.

Also, use the hashtags #NutrienAgDay #GetYourOrangeOn #ProudToBe #CSURams and #ComeToTheTable when you post your pictures on social media so that we can all join in on the Aggie spirit.

Special Facebook profile picture frames and Instagram stickers are available on our website at AgDay.AgSci.ColoState.Edu.

Colorado State University and Nutrien, a provider of crop nutrients, inputs and services, have entered into a strategic partnership with a primary goal: feeding the world in the most sustainable, inclusive and innovative way.

Nutrien is in the second year of providing CSU’s College of Agricultural Sciences $1 million each year over 10 years. This gift is funding state-of-the-art research and teaching initiatives on campus and providing scholarship support to students, elevating CSU into a position of leadership in developing a diverse, highly skilled agricultural workforce, and boosting Nutrien’s ability to deliver industry-leading products.

Nutrien’s gift – the largest in the College of Agricultural Sciences’ history – is impacting the college in numerous areas:

• Scholarships for students in the college, focusing on education and success of women and students from diverse backgrounds.
• Program enhancements to help students become career-ready in the field of agriculture, and ensuring they persist in their studies through graduation and placement in the industry.

• Funding to attract top talent in the application of technology to agricultural problems including food safety, security and sustainability.
• Sponsorship of high-impact engagement and educational events at the nexus of technology, innovation and agriculture, such as CSU’s AgInnovation Summit.
• Sponsorship of the Nutrien Ag Day BBQ each fall, held annually to coincide with a home football game. In recognition of this transformational gift, the College of Agricultural Sciences’ Shepardson Building will be renamed the Nutrien Agricultural Sciences Building. This building is undergoing a radical remodel of its 1938 structure and a 41,000-square-foot expansion with funds from the State of Colorado and CSU. The Nutrien Agricultural Sciences Building will house the impactful programs and people supported by the Nutrien gift, and the building will become a home for Colorado agriculture, student aspirations and agricultural innovation for a global impact.

Source: https://agsci.source.colostate.edu/nutrien-announces-10-million-long-term-investment-in-csus-college-of-agricultural-sciences/
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The anticipation is building for National 4-H Week, October 4-10, during which millions of youth, parents, volunteers and alumni across the country will be celebrating everything 4-H. Colorado 4-H will observe National 4-H Week this year by showcasing the incredible experiences that 4-H offers young people, and will highlight the remarkable 4-H youth in our community who work each day to make a positive impact on those around them.

The theme of this year’s National 4-H Week is: Opportunity4All. Colorado 4-H is closing the opportunity gap for all youth. Help us celebrate to make every kid’s potential count. Colorado 4-H provides equal #Opportunity4All kids, no matter their circumstances.

Visit Colorado4H.org or contact 970-491-1152

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