

FRESH COLORADO



Peaches

This Little Peach Cookbook with Recipes from our local
Founding Women is brought to you by:

Rotary Club of Conifer



What is Rotary?

Chartered in 1996, the Conifer Rotary Club is part of Rotary International, the world's first service organization, formed in Chicago, Illinois in 1905. Today, Rotary members worldwide number more than 1.2 million men and women who serve as volunteers in more than 32,000 clubs in over 200 countries.

Vision Statement

The Rotary Club of Conifer is a *humanitarian service organization* whose contributions improve lives in communities locally and worldwide. Conifer Rotarians are local business leaders and professionals who are interested in building lifelong friendships through the experience of providing dynamic, action-oriented volunteer service to others. We are committed to the core values of Rotary International: Service, Fellowship, Diversity, Integrity, Leadership.

Mission Statement

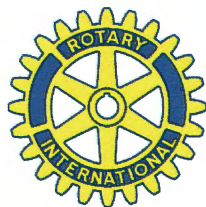
Through our focus on Humanitarian Service, we are volunteers who work locally, regionally, and internationally to:

- Combat Hunger
- Improve Health
- Attain Clean Water & Sanitation
- Provide Literacy & Education
- Promote Peace Through World Understanding
- Support the Next Generation (Youth)
- And Eradicate Polio

under the motto **Service above Self through sustainable projects.**

ROTARY CLUB OF CONIFER

DISTRICT 5450



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Conifer
www.rotaryconifer.org

District 5450
www.rotary5450.org

Rotary International
www.rotary.org



"Life is better than death, I believe, if only because it is less boring and because it has fresh peaches in it"

~Thomas Walker



Steven Groszewski (top) and his Dad, Tony
try the first peaches of the season

Old Fashioned Canned Peaches

Betty Fields Long



Preparation:

Gather all needed equipment. Canning jars should be free of any clipping or cracks. Wash them thoroughly in soapy water & rinse in boiling soda water – OR – wash through the dishwasher full cycle.

Clean ring/sealing lids. Always use new flats.

You will need a large canner kettle, that is fitted with a wire rack to hold the jars and a cover, and will allow water to be 1 inch or more over the tops of the jars.

A wire rack is recommended for easy removal of jars after sealing.

Also, you will need a 3 quart kettle for scalding peaches.

Use a funnel that fits the quart jar mouth to pour syrup into the jars.

Place flats in a small pan of boiling water as you prepare to seal jars.

Never work with too many peaches at one time.

Fruit Preparation:

Prepare a light syrup mixture for covering fruit for canning

In a 2 quart kettle mix 1 Cup sugar to 4 Cups water, Add 200 mg vitamin C to help keep the color in the fruit – either cut a tablet or crush one and add to the syrup.

The syrup will need to be at a light boil when poured over fruit

In a 3 quart kettle, bring water to a boil for fruit scalding

Scald a batch of 4 to 8 peaches in the water for 1 minute to loosen the skin

Remove peaches one at a time to a pan of cold water for ½ minute and remove skin with a dull knife.

For fruit that can darken easily, such as peaches, place them in a salt bath of 2 tsp salt to 1 quart of water, then rinse in clean water before packing.

Cut peaches in halves or quarters or slice them, and cold pack them in clean jars.

Pack jars firmly without crushing the fruit.

Pour light syrup over filled jar just to cover fruit.

With a clean towel, clean the top of each jar prior to putting on lids.

With tongs, remove a flat from the hot water and place on jar. Secure with a clean ring.

Water Bath Method:

Fill canner kettle with 2 quarts of water; bring to steaming, but not boiling.

After jars are lowered into the canner, finish filling the kettle to ½ inch over top of the jars.

Cover securely and bring to a boil.

It is important in this method that the jars do not touch and timing begins when the water starts to boil. Boil for 20 to 25 minutes. Carefully remove jars from water and place on a towel for absorbing the excess water. Leave a bit of space between jars for cooling process and the jars will complete the sealing process while cooling. You will hear the lids seal.

If any lids fail to seal – they do not indent & you can depress the lid – refrigerate after cooling and use immediately.

Store your canned fruit in a cool, dark cabinet or pantry until ready to use.

Selecting and Washing

Choose fully ripe, but firm fruit. Under-ripe fruits may be bitter.

Freeze soft, very ripe fruits as purees. To thoroughly remove dirt, bacteria and pesticide residue, wash all fruits in cold water.

Drain and rinse several times with cold water.

Lift fruits from water to prevent re-depositing of dirt and residues.

Do not let fruits soak.

Freezing Peaches

Freezing fruit is simple and easy. Wash peaches to remove peach fuzz.

Slice and remove pit into a large bowl.

Sprinkle with "Fruit Fresh" or other ascorbic acid product and spoon into a freezer lock baggie.



Syrups For Canning

Sugar to one quart (950ml) Liquid

Yield

Light Syrup 2 cups

5 cups

3 cups

5/2 cups

Heavy Syrup 4 3/4 cups

6 1/2 cups

Shrimp and Peach Stir-Fry

- 2 Tablespoons vegetable oil
- 1 pound large shrimp, shelled, deveined
- 1 pound broccoli, stems diagonally sliced, flowerets cut into bite-sized pieces
- 1 8 ounce can water chestnuts, drained, sliced
- 2 fresh peaches sliced
- 3 green onions, diagonally sliced

Heat 1 tablespoon oil in wok or large skillet. Add shrimp and stir-fry until tender, about 4-5 minutes. Remove from wok, set aside. Add 1 tablespoon oil and stir-fry broccoli until tender-crisp, about 4-5 minutes. Add shrimp, water, chestnuts, peaches and onions to wok and heat through. Stir In Glossy Sauce and cook just until thick and glossy. Makes 4 servings.

Glossy Sauce

Blend 1-1 1/2 tablespoons comstarch with 1 cup chicken broth, 1/3 cup sherry, teaspoon soy sauce, 1/2 teaspoon fresh ginger root minced, and 1 teaspoon sugar.

Peaches and Cornish Hens

2 Cornish hens

1 quart frozen peaches, (approximately) partially thawed
salt and pepper to taste

Optional: nutmeg

Cinnamon

Preheat oven to 350 degrees.

Wash and prepare Cornish hens as you usually do.

Place in a roasting pan or covered baking dish.

Sprinkle with salt and pepper.

Sprinkle with a little cinnamon and nutmeg if you wish.

Thaw the peaches over the hens, cover and bake for one hour or until hens are done.

You can do this with chicken or pork, too.

Grilled Chicken with Bourbon Peach Butter

hands-on time: 15 min. Total time: 3hr. 12min.

Our hands-free oven method helps prevent the sugary fruit butter from scorching.

1.5 pounds coarsely chopped peeled peaches (about 5 medium)

one/forth cup fresh lemon juice

3 tablespoons water

a half cup of bourbon

one third cup packed dark brown sugar

3/4 teaspoon salt, divided

half teaspoon freshly ground black pepper

6 (6-ounce) skinless, boneless chicken breast halves

Cooking spray

1. Preheat oven to 250 degrees

2. Combine the first 3 ingredients in a saucepan.

Bring to a boil; cover, reduce heat, and simmer 30 minutes.

Combine peach mixture, bourbon, brown sugar, and 1/4 tsp. salt in a food processor or blender, and process for a minute or until smooth.

Transfer peach mixture to a 13 x 9-inch glass or ceramic baking dish.

Bake at 250 degrees for 2 hours and 15 minutes or until thickened.

3. Preheat grill to medium-high heat.

4. Sprinkle remaining half teaspoon salt and pepper evenly over chicken.

Place chicken on a grill rack coated with cooking spray;

grill 6 minutes on each side or until done. Serve with sauce.

Yield: 6 servings

(serving size: 1 breast half and 1/4 cup sauce).

Peachy Parmesan Chicken

4 half chicken breast, boned and skinned
2 tablespoons dijon mustard
14 pound prosciutto
2 tablespoons flour
1/2 teaspoon tarragon
1 egg, slightly beaten
1/3 cup grated Parmesan cheese
1/2 cup dry fine breadcrumbs
4 tablespoons butter, melted
4 tablespoons white wine
3 fresh peaches, sliced

Pound chicken breasts between wax paper until 1/8 inch thick.
Spread mustard on one side of chicken. Top with prosciutto.
Roll up chicken breast secure w/with toothpicks. Mix flour with
tarragon. Mix breadcrumbs with Parmesan.
Dip chicken roll-up in flour mixture, then egg,
then in breadcrumb mixture.

Heat 2 tablespoons butter in a 8 ovenproof pan.
Put roll-ups in melted butter and bake in 375-degree oven 20 minutes.
Add peach slices.

Mix remaining melted butter with wine, sprinkle over
chicken. Bake 15 minutes more. Serve with pan juices.
Makes 4 servings.

Note: Prosciutto may be found in deli section of supermarket.
Thinly sliced ham may be substituted.

Peachy Pork Chops

1 cup peaches, thinly sliced
3 tbs. brown sugar
1/2 tsp. Cinnamon
Pinch cloves
Pinch thyme
1 tbs. Peach brandy (or 1.5 tsp. Brandy)
3 tbs. butter
24 Ritz crackers, 1 cup crushed
3-4 thick pork loin chops

Have your butcher cut pockets into pork chops.
Peel and slice peaches and place in a bowl. Add
sugar, spice, thyme and brandy and stir to mix.
In another bowl, melt butter and stir in crushed Ritz
crackers, then add to peach mixture.
Chill dressing and stuff into pork chops.

Roast or grill pork chops until they reach an internal
temperature of 150-155 degrees, rest 5 minutes and
serve with Carlson's Peach Wine.

Peach Swirl Biscuits

5 large fresh peaches - peeled, pitted and sliced

2 cups water

1 1/2 cups white sugar

2 tablespoons cornstarch

1 1/3 cups buttermilk baking mix

2 tablespoons white sugar

2 tablespoons margarine, melted

1/3 cup milk

2 tablespoons margarine, softened

1/4 cup white sugar

1 teaspoon ground cinnamon

Preheat oven to 425 degrees. In large saucepan over medium heat, combine peaches, water, 1 1/2 cups sugar and cornstarch.

Cook stirring constantly until mixture boils. Boil for one minute, then reduce heat to low to deep warm. In a large bowl, stir

together baking mix, 2 tablespoons sugar, melted margarine and milk to form a soft dough. Remove to floured surface and

knead 8 to 10 times. Roll out into a 9-Inch square. Spread

softened margarine over dough. Combine 1/4 cup sugar with

cinnamon and sprinkle mixture over dough. Roll dough into a

log shape and cut into 6 - 1 1/2 inch slices. Pour hot peach mixture into an 8x8 inch-baking dish. Place roll slices; cut side up,

on top of peach mixture.

Bake in preheated oven 20 to 25 minutes, until puffed and golden.

Serve warm. Serves 6

Peach & Apple Bread Pudding With Whiskey Sauce

3 eggs, beaten
1 cup white sugar
2 1/2 cups whole milk
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
4 fresh peaches - peeled, pitted and sliced
4 apples - peeled, cored and sliced
6 cups day-old bread cubes
6 tablespoons butter, cut into pieces
1 cup whiskey
1 pound butter
2 cups white sugar

Coat a 9x13-baking dish with cooking spray.

Preheat oven to 350 degrees.

In a large bowl, combine eggs, 1 cups sugar, milk, cinnamon and nutmeg and stir until smooth. Fold in peaches, apples and bread cubes, until bread is well coated.

Pour into prepared baking dish. Dot with 6 tablespoons butter.

Bake in preheated oven for 1 hour, until set.

Serve warm with whiskey sauce.

Whiskey Sauce

In a medium saucepan over medium heat, combine whiskey, 1 pound butter and 2 cups sugar. Cook and stir until sugar dissolves and sauce is smooth.

Remove from heat and serve hot. Serves 14.

PEACH COBBLER

pictured on page 109

15 medium-size peaches (5 pounds)

$\frac{1}{2}$ cup all-purpose flour

3 tablespoons lemon juice

$\frac{1}{4}$ teaspoon salt

sugar

ground cinnamon

1 17.3-ounce or 2 10-ounce packages

refrigerated biscuits

JACK

ABOUT 2 HOURS BEFORE SERVING OR
EARLY IN DAY:

1. Preheat oven to 450°F. Peel

peaches and cut into $\frac{1}{2}$ -inch-thick slices. In large bowl, toss sliced peaches with flour, lemon juice, salt, $1\frac{1}{2}$ cups sugar, and $\frac{1}{2}$ teaspoon cinnamon.

2. Spoon peach mixture into 13" by 9" ceramic or glass baking dish. Cover tightly with foil; bake 35 to 45 minutes until peach mixture is hot and bubbly.

3. About 15 minutes before peaches are cooked, separate biscuits and cut each into quarters. In medium bowl, mix $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon. Add biscuit pieces and toss to coat.

4. Remove baking dish from oven; remove foil. Top hot peach mixture with biscuit mixture in single layer; sprinkle any sugar remaining in bowl over biscuits. Return baking dish to oven and bake, uncovered, 10 minutes longer or until biscuits are golden brown. Cool cobbler on wire rack 20 minutes to serve warm, or cool completely to serve cold later. Reheat cobbler if desired. Makes 12 servings.

VIRGINIA KIRKPATRICK
Each serving: About 345 calories, 7 g fat, 0 mg cholesterol, 545 mg sodium.



'Blondie' Meyer and her Peach Cobbler Recipe



Lattice Top Peach Pie in a Jar

makes eight to ten 4 oz. pies

For the Crust:

2 cups plus 2 tablespoons unbleached
all-purpose flour
1/2 teaspoon salt
2 tablespoons sugar
12 tablespoons cold butter
1/2 cup ice water

Combine the flour, salt, and sugar
in the bowl of a food processor.
Quickly chop up the cold butter,
and pulse it into flour mixture,
several times. Drizzle in the ice
water, pulsing 2 or 3 times,
just until the dough is combined.

Place the dough onto a lightly
floured surface and gather into a ball.
Divide into 2, flatten dough into discs,
and wrap each one tightly
with plastic wrap.
Chill for at least 30 minutes
in the refrigerator.

For the Peach Filling:

8 – 10 medium peaches
zest of 1 lemon
2 tablespoons lemon juice
1/2 cup sugar, plus more for top of pie
1/4 teaspoon salt
2 tablespoons ground instant
tapioca (I use my coffee grinder)

Preheat the oven to 400 degrees.
Place a rimmed baking sheet in the
oven to preheat as well.
Liberally butter 8 – 10 4 oz. glass
canning jars.

Fill a large pot with water and bring
to a boil. In your sink, prepare a large
bowl with an ice bath. When the water
is boiling, quickly immerse the peaches
in the water, remove to the ice water,
and peel off the skins.
Slice the peaches in 1/2" thick slices.

In a medium bowl, combine the peaches,
lemon zest and juice, sugar, salt, and
tapioca. Set aside while you prepare
the crust.



On a lightly floured surface, roll out one of the dough discs. For the bottom crusts, cut out a 5" square, and press into the jar. For the tops, use a jar to press out a circle, and, with a sharp knife, cut it into 1/4" strips. Carefully arrange the peach slices in the jars and spoon in several tablespoons of the liquid filling. Weave your lattice , and crimp the edges. Sprinkle the top of each little pie with 1/2 teaspoon or so of sugar.

Place prepared pies onto heated cookie sheet, and bake at 400 degrees for 20 minutes. Rotate the cookie sheet, turn the heat down to 350 degrees, and bake for another 10 – 15 minutes, until crust is light golden and filling is bubbling vigorously.

Allow pies to cool completely and serve, or keep covered with a lid for up to three days.

Carol's Homemade Peach Ice Cream

5 C. sliced ripe peaches (8)
Juice from 1 lemon
3 cups sugar
4 eggs, separated
Dash of salt
1 quart (4 cups) milk
1 pint whipping cream
2 t. vanilla
Drops of red food coloring



Prepare peaches; cover with lemon juice and 2 cups of sugar. Mash and set aside. Beat egg whites in clean bowl with salt until foamy. Add 1/2 cup sugar and beat until stiff. In large bowl, beat egg yolks slightly; add remaining 1/2 cup sugar; beat until light and lemon colored. Add milk, cream and peaches. Fold in egg whites and vanilla. Place in electric or hand turned freezer. Enjoy!

Carol J. Lewis



Momma and Baby White Buffalo
at Evergreen Memorial Park
on N. Turkey Creek Rd. in Evergreen

Peach and Berry Bake

1 tablespoon cornstarch
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup sugar
1 quart sliced peeled peaches (about 2 pounds)
1 cup blueberries, rinsed
1 cup all-purpose flour
1 teaspoon baking powder
1/4 cup (1/8 pound) butter or margarine
1 large egg
3/4 cup orange juice
2 tablespoons lemon juice

In a shallow 2-quart baking dish, mix cornstarch, cinnamon, nutmeg and 1/4 cup of the sugar.

Stir in peaches and blueberries.

In a food processor or a bowl, whirl or rub with your fingers the flour, baking powder, remaining

1/4 cup sugar and butter until it assumes the texture of coarse cornmeal. Add egg, whirl or stir to mix well.

Sprinkle mixture evenly over fruit. Mix orange juice and lemon juice; pour evenly over fruit.

Bake at 350 degrees for 25 minutes.

Chocolate Amaretti Peaches

4 ounces amaretti biscuits (amaretto cookies), crushed
2 ounces plain chocolate, chopped
Grated rind of 1/2 orange
1 tablespoon clear honey
1/4 teaspoon ground cinnamon
1 egg white, lightly whisked
4 firm ripe peaches
5 tablespoons white wine
1 tablespoon caster or granulated sugar

Mix together the amaretti biscuits, chocolate, orange rind, honey and cinnamon in a bowl. Stir in the egg white to bind the mixture.

Halve and stone the peaches and fill the cavities with the chocolate mixture, mounding it up slightly.

Arrange the stuffed peaches in a lightly buttered, shallow microwave-proof dish, which will just hold them.

Pour the wine into a cup and stir in the sugar.

Pour the sweetened wine around the peaches. Cover loosely and microwave on High for 2-3 minutes until the peaches are tender. Serve at once with a little of the cooking juices spooned over and the whipped cream.

4 servings

Jane's Old Fashioned Peach Cake

1/4 pound butter or margarine, cut into pieces

2 cups flour

2 cups sugar

1/2 teaspoon salt

4 teaspoons baking powder

1 1/2 cup milk

16 ounces frozen sliced peaches (Do not defrost)

Preheat oven to 350 degrees.

Put butter pieces in 9x13 dish; place in oven until butter is melted.

In a large bowl stir together flour, sugar, salt and baking powder; stir in milk until smooth and pour batter mixture over melted butter.

Push batter into the corners with a spatula.

Arrange the peaches over batter.

Bake for 50 minutes or until golden brown.

Serve warm with whipped cream or ice cream, if desired.

Serves 12.

Peach Custard

2 cups fresh sliced peaches
1 tablespoon lemon juice
1 tablespoon powdered sugar
1/4 cup margarine, softened
1 cup milk
3 egg whites
3/4 cup baking mix
1 tablespoon vanilla

Heat oven to 375 degrees.

Grease 8x8x2 inch square pan.

Place peaches in pan and sprinkle with lemon juice then sugar; set aside.

Mix remaining ingredients until well blended in a medium sized bowl. Pour over peaches.

Bake 40-45 minutes until edges are light golden brown and toothpick comes out clean.

Serve warm.

Serves 6-8.

Fresh Peach Croustades

2 cups sliced, peeled peaches

1/4 cup sugar

1/4 cup water

1/4 cup small mint leaves

sheet puff pastry

Whipped cream

Preheat oven to 400.

Combine sugar and water in a small saucepan.

Bring to a boil, cook 1 minute or until sugar dissolves.

Cool completely. Place sugar mixture and mint in a blender; process until smooth. Combine mint mixture and sliced peaches in a bowl.

Cut 4 - 2" circles in puff pastry using sharp, round cookie cutter. Roll each circle of dough into a 4" circle on a floured surface. Place on a baking sheet.

Bake at 400 degrees for 12 minutes or until golden brown.

Top with peach mixture and garnish with whipped cream and a small mint leaf.

Yield: 4 servings

A Simply Peachy Baked Alaska

2 large egg whites, at room temperature

Pinch of salt

1/4 cup sugar

1/2 teaspoon pure almond or vanilla extract

2 large peaches, halved & pitted

1/2 cup vanilla ice cream

Heat oven to 450.

Place baking sheet in the freezer for at least 10 minutes.

Using an electric mixer, beat the egg whites and salt on medium until foamy. Increase speed to high.

Gradually add the sugar 1 tablespoon at a time, and beat until stiff and glossy, 2 to 3 minutes.

Beat in the almond extract.

Cut a thin slice from the round side of each peach half (to stabilize it) and place on the chilled baking sheet.

Spoon the ice cream into the cavity of each peach half and mound the meringue on top, enclosing the ice cream.

Bake until the meringue is golden brown, 2 to 3 minutes. Serve immediately.

Peach Brandy Tiramisu

1 package (8 ounces) Neufchatel cheese
2 tablespoons + 1 tablespoon peach brandy
1 tablespoon milk
1/2 cup + 2 tablespoons confectioner's sugar
1/2 teaspoon + 1/4 teaspoon vanilla extract
1/2 cup + 1/2 cup heavy cream or whipping cream
1 package (3 ounces) Ladyfingers
2 to 3 tablespoons cooled espresso or strong coffee
1 cup diced fresh peaches
well-drained peach slices, for garnish

In a large mixer bowl, beat cream cheese, 2 tablespoons peach brandy, and milk until blended and fluffy. Blend in 1/2 cup confectioner's sugar and 1/2 teaspoon vanilla. In a small mixer bowl, whip cream until stiff peaks form. Fold into cream cheese mixture and set aside. Line four 8-ounce dessert dishes with ladyfinger halves, split side in. Brush with espresso coffee. Spoon half of cream cheese mixture into Ladyfinger-lined dishes. Spoon peaches on top. Garnish with Brandy Whipped Cream. Cover and refrigerate at least 2 hours. Garnish with peach slices just before serving.

Brandy Whipped Cream

In a small mixer bowl, combine 1/2 cup whipping cream, 2 tablespoons confectioner's sugar, 1 tablespoon peach brandy, and 1/4 teaspoon vanilla extract. Whip until stiff peaks form.

Colorado Peaches & Cream Pie

3/4 cup sugar

3 1/2 tablespoons quick-cooking tapioca

1/2 teaspoon vanilla

1/4 teaspoon ground nutmeg

1/2 cup whipping cream

6 cups peeled and sliced firm-ripe peaches

One pastry circle for a single-crust 9" pie

(Refrigerated pie dough can be used).

1/4 cup sliced almonds

In a small bowl, stir together sugar and tapioca; mix in vanilla, nutmeg, and cream.

Let stand 15 minutes for tapioca to soften.

Pour peaches into pastry, and then pour cream mixture evenly over fruit.

Set pie in a foil-lined 10x15 inch pan.

Bake in 375-degree oven on lowest rack until filling is bubbly and lightly browned and pastry is golden brown, about 45 to 50 minutes.

If rim begins to darken excessively, drape with strips of foil.

About 5 minutes before pie is done, sprinkle almonds on it.

Serve warm or at room temperature.

If made ahead, cool cover and chill until next day.

Cut into wedges. Serves 8 or 9

Peach Dacquiri

3 large, fresh peaches

3 tablespoons sugar

1/2 cup light rum

2 tablespoons fresh squeezed lime juice

3 cups crushed ice

Place first 4 ingredients in blender and process until smooth.

Add ice, process until slushy.



Janice Brooks of Brooks Place Tavern whips up a refreshing peach dacquiri



Angela Bassano, the Peach Queen of Conifer, shows off hundreds of cases of fresh picked Colorado peaches



Rotary Club of Conifer

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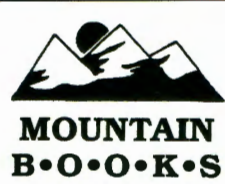


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