



## Prepare delicious and safe home-cooked meals this holiday season



Get tips for cooking and baking at high altitude plus thawing and cooking instructions for turkey and other holiday meats

[www.farmtotable.colostate.edu](http://www.farmtotable.colostate.edu)  
in the *Prepare/Seasonal & High Altitude* section

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.



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seasonal and  
high altitude  
resources

Colorado State University  
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