

HARVEST OF THE MONTH:

Strawberries



Nutrition Facts

Serving Size: ½ cup strawberries,
sliced (83g)

Calories 27 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 0% Calcium 1%

Vitamin C 81% Iron 2%

EAT YOUR COLORS

- How many red fruits/vegetables can you name? (Strawberries, cherries, raspberries, watermelon, tomatoes, red peppers, radishes, beets, and red potatoes.) Red fruits and vegetables help maintain a healthy heart and memory function.
- Strawberries provide four additional health benefits. Potassium for healthy muscles, vitamin C for a healthy immune system, fiber for healthy digestion, and antioxidants for healthy bodies.

PRODUCE TIPS

- Strawberries are picked at their peak of freshness. They do not ripen after harvest.
- Choose berries that are bright red, have a natural shine and green caps that look fresh.
- Store unwashed berries in the fridge.
- Before serving, use cool water to rinse berries while the green cap is attached.
- For best flavor, allow berries to reach room temperature before serving.

HELPING YOUR KIDS EAT HEALTHY

- Serve strawberries in a cone with yogurt and sprinkles.
- Dip in yogurt and granola.
- Blend them in smoothies and add a handful of spinach for great flavor.
- Slice strawberries into cereal.
- Toss berries in a salad.
- Use them to garnish pancakes or waffles.
- Freeze them for a quick snack.
- Send healthy snacks for class parties.



Strawberry Recipes

STRAWBERRY SPINACH SMOOTHIE

INGREDIENTS

- 1 ½ cups of water or skim milk
- ½ cup spinach rinsed
- 1 cup frozen strawberries
- 2 Tbsp. honey (optional)

DIRECTIONS

Blend the spinach with the water or milk first until smooth. Then add the strawberries and honey. Blend again until smooth and serve.

KICK'N FRUIT SALAD

INGREDIENTS

- ½ cup melon chunks (cantaloupe, honeydew, etc.)
- ½ cup pineapple chunks
- ½ cup strawberry halves
- ½ cup mango chunks (optional)
- Lime juice
- Chili powder

DIRECTIONS

Combine fruit and sprinkle lime juice and chili powder to taste. Serve.

FROZEN YOGURT COVERED STRAWBERRIES

INGREDIENTS

- 1 pound strawberries rinsed (smaller strawberries are better, so they are bite-sized)
- 10 oz. vanilla yogurt

DIRECTIONS

After rinsing, allow strawberries to dry. Then dip in yogurt and place on a baking sheet lined with wax paper. Freeze for 1 hour. Serve, or store in the freezer (in a container) for a treat.

STRAWBERRY AVOCADO SALSA

INGREDIENTS

- 1 cup strawberries finely chopped
- ¼ cup avocado finely chopped
- 2 tablespoons red onion finely chopped
- 2 tablespoons cilantro chopped
- 2 tablespoons fresh lime juice

DIRECTIONS

Combine ingredients, toss gently and serve immediately with tortilla chips.

FROZEN STRAWBERRY YOGURT POPS

INGREDIENTS

- 1 8 oz. container non-fat yogurt (plain or strawberry)
- 1 cup diced strawberries

DIRECTIONS

Mix yogurt and strawberries. Pour into small size Dixie cups or popsicle molds. Cover cups with plastic wrap. Push popsicle stick through plastic wrap and into cup (plastic wrap should help support stick so it stays vertical). Freeze. When frozen, remove plastic wrap and cup.

STRAWBERRY ORANGE SMOOTHIE

INGREDIENTS

- 1 cup water or skim milk
- 1 cup orange juice
- 1 cup strawberries, frozen
- 1 banana

DIRECTIONS

Blend until smooth and serve.