

Harvest of the Month



June



Strawberries



Pick:

- Choose brightly colored berries with green caps attached.
- Avoid berries with soft spots or mold.

Store:

- Refrigerate unwashed berries in a non-airtight container lined with paper towels and use within a couple of days.
- To freeze, place clean, hulled berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 6 months.

Prepare:

- Rinse under cold water and remove green tops just before consuming!

Nutrition Info

One cup of whole strawberries has 46 calories.

Strawberries provide vitamin C, fiber and folate.

Fun Facts

Strawberries are the only fruit with seeds on the outside, they average about 200 seeds per strawberry!

Strawberries are the first fruit to ripen in the spring.

Uses

Looking for a summer picnic idea? Try fruit kebobs! Skewer strawberries, watermelon, grapes, cantaloupe, blueberries and pineapple.

Strawberries are a great addition to breakfast. Top pancakes, waffles, cereal or fruit parfaits with fresh berries!

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

School's out for the summer! But most parents will admit it's not all fun and games. Keeping kids busy and well fed when school is not in session can be quite a challenge, so this month we're seeking tips and advice for making sure families stay healthy all summer long. What strategies do you use to help your kids eat well and be physically active during the summer months? What community resources do you find particularly helpful in this effort?

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than June 30th, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Sweet and Tart Strawberry Salad

Serves 4

Ingredients:

- 1 ½ pounds fresh strawberries, rinsed and sliced
- 2 ½ Tbsp. brown sugar
- 1 Tbsp. balsamic vinegar
- ½ tsp. ground black pepper

Directions:

In a large bowl, toss berries with sugar and let stand at room temperature for 10 minutes. In a small bowl, combine the vinegar and pepper. Pour vinegar mixture over berries and toss to coat; cover and let sit at room temperature for at least 30 minutes before serving. Serve alone as a side or over a spinach salad as a dressing.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size (183g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 17g

Protein 1g

Vitamin A 0% • Vitamin C 170%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Color
Strawberries!

