Harvest of the Month

June  Strawberries

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

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!
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