**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.

The strawberry plant is a perennial. This means if you plant one now, it will come back next year and the following year and the year after that!

**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!

For a sweet treat, dip fresh berries in melted dark chocolate!

**Family Friendly Activities**
Find a local pick-your-own strawberry farm. Have your child help pick fresh strawberries – pick berries that are a deep red in color and are still on the stem. Remember you can freeze extra berries!

Have your child make their own strawberry pizza. Top graham crackers with cream cheese or peanut butter and top with sliced berries.

**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!
Strawberry Shortcake Overnight Oats
Serves 6 (3/4 cup per serving)

**Ingredients:**
- 1 pound strawberries (fresh or frozen), chopped
- 4 cups rolled oats
- 3 cups milk
- 1 cup vanilla yogurt
- ¼ cup strawberry jam
- ½ tsp. vanilla
- Honey, sliced almonds, peanut butter or coconut (optional toppings)

**Directions:**
In a medium bowl, combine all ingredients; stir well. Cover the bowl and place in the refrigerator for at least one hour. Serve chilled. Add optional toppings as desired. The oats will keep for about 2-3 days in the refrigerator.

*Honey, sliced almonds, peanut butter or coconut (optional toppings)

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

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**Nutrition Facts**
Serving Size 3/4 cup (303g)
Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 320</th>
<th>Calories from Fat 40</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 4.5g</td>
<td>7%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
<td>2%</td>
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</tr>
<tr>
<td>Sodium 70mg</td>
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</tr>
<tr>
<td>Total Carbohydrate 61g</td>
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<tr>
<td>Dietary Fiber 7g</td>
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<tr>
<td>Sugars 22g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 13g</td>
<td></td>
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</tr>
</tbody>
</table>

Vitamin A 8%  •  Vitamin C 80%
Calcium 20%  •  Iron 15%

*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 per gram:
- Fat 9  •  Carbohydrate 4  •  Protein 4

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.