

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.

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.

Strawberry Shortcake Overnight Oats

Serves 6 (3/4 cup per serving)

Nutrition Facts

Serving Size 3/4 cup (303g)	
Servings Per Container 6	
Amount Per Serving	
Calories 320	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 61g	20%
Dietary Fiber 7g	28%
Sugars 22g	
Protein 13g	
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: 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	

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.

*not included in nutritional analysis

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

Color
Strawberries!

